



Conwy County Borough & Coleg Llandrillo Coach Education Course Descriptions

gwella iechyd - mwynhau bywyd improving health - enjoying life

Coach Education Courses

Welcome to the Coach Education Courses publication, set up in partnership with Conwy County Borough Council, Coleg Llandrillo and Sport Conwy. Detailed within this publication you will find descriptions on a range of courses in various sports that are on offer in the county of Conwy, and further a field.

A separate course timetable is available for courses running in Conwy.

A list of contacts for National Governing Bodies of Sport are detailed for you to contact direct should the course you wish to attend not be running within Conwy County.

There is also a list of useful numbers for development staff at the end of this publication.

Please note:

- Dates are subject to change
- All courses are run subject to numbers so it is important to book early, otherwise you might find it has been cancelled.
- Payment is required prior to the course date.
- Some courses are run subject to demand, please register your interest in the course with the provider.

FUNDING OPPORTUNITIES FOR COACH DEVELOPMENT

If you are a volunteer or a coach for a community based club or organisation then your club may be eligible to apply for funding to support your development. The Sportlot Community Chest Grant is available to help develop new clubs, new sports activities and to increase participation in sport. It also supports the development of new coaches so that these new activities can take place. For more information about the scheme please contact Secretary to Sport Conwy on 01492 575563/4 to see if your club is eligible to apply.

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The UKCC provides a standard framework for coach education and a UK wide recognised seal of quality coaching but what does it mean for you as a coach, as an athlete or as a representative of a sporting organisation.

What does the UKCC mean for Coaches.....

- The creation of nationally recognised standards for coach education will professionalise the role of the coach. Most professional industries have a standard for qualification now coaching does.
- The UKCC will raise the profile of sports coaching.
- A UK wide qualification means it is easier for coaches to move between the Home Countries and gain employment as a coach.
- The transferable elements of core parts of UKCC qualifications mean it will be easier to move between sports.
- It will be easier to highlight your level of coaching to potential employers.

What does the UKCC mean for Sports....

- Development of the UKCC has meant an opportunity for shared learning between sports as well as the chance to work closely with other Home Country governing bodies.
- The UKCC means that there will be a consistency of coach education between and within sports and across the UK.
- The UK, through governing bodies of sport can become a world leader in coach education.
- Great coaching will result in greater sporting success and greater numbers of participants, at all levels, from playground to podium.
- The UKCC and the 2012 Olympics provide a focus on coaching that is supported by the government.

ARCHERY

Archery Community Sports Leader Award

Unit A: General

Candidates will gain knowledge of:

1. all safety observances and rules
2. alternative range layouts with regard to public and participant safety
3. suitable rounds for beginners and juniors
4. various forms of archery
5. various incentives schemes

Unit B: Shooting

Candidates will learn how to hit the target consistently at up to 20 yards using basic Bare-Bow & Freestyle methods.

Unit C: Teaching and improving

Candidates will be able to:

1. teach basic Bare-Bow style
2. teach basic Freestyle
3. improve performance in both

Unit D: Equipment care, safety and use

Candidates shall learn how to:

1. advise on suitable equipment for activity groups and individuals
2. recommend sources of supply and be aware of costs
3. maintain equipment in good working order
4. understand the importance of equipment maintenance ref. safety and accident prevention

Formative assessment & feedback will be given throughout the course. However, ALL Units will also be examined by an external assessor on the last day of the course. NGB certification will be awarded to successful candidates.



ATHLETICS

Athletics Leader

This is the first of two kinds of leadership qualification available - both will take one day to complete with no formal assessment.

The Athletics Leader award is targeted at those who wish to work primarily with the U11, U13s and u15 age groups in an induction orientated environment, working with modified equipment.

Role

An Athletics Leader will be insured to lead a focussed component of a session, will know how to organise activities and will provide a safe environment for young athletes to develop. Athletics Leaders will be required to lead activity whilst under the direct supervision of a Coach (Athletics Coach or an existing UKA Level 2 coach or higher) and will organise work based on a supplied activity card. Direct supervision means that the supervising coach must be within visual and auditory range.

For further details and post course supporting material please visit UCoach.

Target Audience

Volunteers aged 16+ that want to start helping with club development groups and have some experience of working with children.

Course Overview

The course is a full day (usually 9am – 5pm) with a mixture of classroom and practical sessions, although the majority of the day will take place in a practical environment. There is an element of physical activity throughout the day so you should come dressed for light exercise.

Throughout the day you will be expected to actively engage in all sessions. You will be expected to lead groups running task card activities and act as athletes whilst others are leading. There should be both a morning and afternoon break and a 45 minute lunch break.

Important: If there are any medical reasons why you cannot take part in activity you should highlight this on your application form and also let the tutors know at the beginning of the day.

Course Length

1 day (usually 9am – 5pm)

Cost - £90 per person

Leader in Running Fitness

Leader in Running Fitness is the second "Leader" qualification available.

Role

A Leader in Running Fitness (LiRF) will be insured to lead running based fitness sessions aimed at those wishing to work with adult, participation, endurance athletes aged 18+.

Target Audience

Volunteers aged 18+ that want to start leading running groups and give advice and support to new runners.

Course Overview

The course will enable Leaders to deliver fun and safe sessions to multi-ability groups and give advice and support to new runners, as well as to develop pathways for those who want to progress. The course focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club.

Course Length

1 day (usually 9am – 5pm)

Cost

£90 per person

Coaching Assistant

Role

A Coaching Assistant will be insured to take a coaching role working under the supervision of a Coach (Athletics Coach or an existing UKA Level 2 coach or higher), working from a UKA task card or organising a session based on a plan written by the supervising Coach.

Target Audience

Club volunteers aged 18+ looking to get started on the Coach Development Pathway. This course is for those who wish to move towards being an Athletics Coach and to begin to gather experience in the field of making coaching decisions.

Course Overview

The course outlines the roles and responsibilities of the Coaching Assistant, how it differs from the Leader and Athletics Coach courses and its position within the Coach Development Pathway. The basics of movement (biomechanics) will be taught and an introduction to the athletics events will be covered. Identifying the principles that underpin and improve performance as

well as applying an athlete centred approach to delivery are among the many areas covered during the weekend. This course can be taken without attending a Leader award, although this progression is encouraged.

Course Length

2 days – a weekend course, usually between 9am – 5pm both days

Cost

£150 per person



BADMINTON

Level 1 Certificate

“Assist more qualified coaches delivering aspects of coaching sessions, normally under direct supervision.”

The 1st4sport UKCC Level 1 Certificate in Coaching Badminton (L1CCBAD) is the first step on the new Welsh Badminton Coaching Pathway. The qualification focuses on both the art and the science of coaching, introducing new coaches to the “How to” skills of coaching as well as helping them to break down and coach the technical and tactical elements of the game. It will qualify the assistant coach to work alongside a more qualified coach, working with players in their early stages of development.

Who is it designed for?

The 1st4sport UKCC Level 1 Certificate in Coaching Badminton is suitable for those who are new to coaching, but who have some knowledge of the game and would like to learn how to apply that in a coaching environment. Assistant coaches should be committed to their own development and should be looking to gain experience whilst working with a coach who is already qualified at Level 2 or higher.

What does the Level 1 certificate qualify me to do?

The course will qualify the successful candidate to assist a higher qualified coach working with:

- Junior beginner / junior club players
- Senior beginner / social / club players in the lower levels of local leagues.

What are the requirements to go on the course?

Candidates are required to:

- be at least 16 years of age on the first day of the course
- have some experience of playing the game and can participate in a short rally, or;
- can demonstrate knowledge and understanding of what is required when playing the game and the technicalities required when participating in a short rally

How is the qualification delivered?

The 1st4sport UKCC Level 1 Certificate in Coaching Badminton will be delivered by an accredited Welsh Badminton tutor. It will be split into the following phases:

- Phase 1: induction and pre-course activities
- Phase 2: taught programme and on-going internal assessment (1 day)
- Phase 3: mid-course study and on-going internal assessment
- Phase 4: taught programme and on-going internal assessment (1 day)
- Phase 5: post taught programme self directed learning

- Phase 6: independent assessment (1 day)

Throughout the taught programme the theoretical “How to coach” skills are threaded through the technical and tactical “What to coach” skills, both on court and in group activities. As a result you will have many opportunities to practice and receive feedback on the coaching skills that you have learnt. You will be assessed throughout the course by your course tutor who will give you plenty of opportunities to demonstrate competence in key areas. There will also be some written work throughout the course and an independent assessment at the end.

Qualification Content:

Briefly, the qualification will cover the following key areas:

- Roles and responsibilities of the Level 1 Coach – including Health and Safety, Child Protection, Equity and Code of Conduct.
- Technical elements of the basic strokes including how to break them down and deliver them appropriately to a variety of target audiences.
- Introduction to tactics, including spatial awareness and basic doubles formations.
- Delivering an effective warm up and cool down
- “How to Coach” Skills – including coaching styles, learning styles, communication skills, questioning, demonstration, observation and feedback skills, structuring an activity, goal setting

Cost:

£195 (to include all course support materials)

Level 2 Certificate

“Prepare for, deliver and review coaching session(s)..”

The 1st4sport UKCC Level 2 Certificate in Coaching Badminton (L2CCBAD) qualifies the coach to coach independently and to be able to plan a series of linked coaching sessions. There will still be a significant focus on the “How to” skills of coaching that were introduced at Level 1. The technical elements that were introduced at Level 1 will be consolidated and a number of new technical elements will be introduced. There is a greater focus on tactical coaching as well as technical coaching. You will also develop a greater understanding of the demands of badminton, physically and psychologically, and how this impacts on your coaching.

Who is it designed for?

The 1st4sport UKCC Level 2 Certificate in Coaching Badminton is suitable for those who have already gained some experience of coaching whilst working as an Assistant Coach, following their completion of a Level 1 Award/Qualification. Coaches working towards their Level 2 qualification should be committed to their own development as a coach and should be able to demonstrate this through extended off course study. They should continue to work with a more experienced and qualified coach throughout their course of study.

What does the Level 2 certificate qualify me to do?

The Level 2 Certificate in Coaching Badminton will qualify the successful candidate to coach independently and to:

- Understand and adapt to the needs of participants
- Be able to plan sessions suited to participants needs
- Be able to evaluate players technically and tactically
- Be able to work with players to set appropriate goals
- Be able to carry out the necessary health and safety checks for venues and players
- Demonstrate use of a variety of communication techniques
- Prepare candidates appropriately for coaching sessions
- Understand your roles and responsibilities as a coach
- Demonstrate that you understand key elements relating to the protection of children and vulnerable adults, are able to deal with injuries should they occur and coach in an equitable manner
- Be able to manage players effectively
- Understand the factors that affect performance (physical and psychological) and how to plan sessions to develop these.

What are the requirements to go on the course?

Candidates are required to:

- be at least 18 years of age on the first day of the course
- hold a Level 1 Certificate in Coaching Badminton (UKCC) or equivalent (BADMINTON England Level 1, BADMINTON Scotland Instructors award or the Welsh Badminton Union Leaders Award) and be able to demonstrate the competences required to achieve the UKCC Level 1 qualification

Those candidates who do not have a Level 1 Certificate in Coaching Badminton (UKCC) will have the opportunity to update their knowledge via a Home Study Pack which includes a series of short questions and tasks (Free of charge) prior to the course.

How is the qualification delivered?

The 1st4sport UKCC Level 2 Certificate in Coaching Badminton will be delivered by an accredited Welsh Badminton tutor. It will be split into the following phases:

- Phase 1: Induction and pre-course (25 hours)*
- Phase 2: Taught course (2 days)
- Phase 3: Mid course home study (20 hours)*
- Phase 4: Taught course (1 day)
- Phase 5: Practical Coaching and preparation (28 hours)*
- Phase 6: Internal and independent assessment of practical coaching (1 day)

*** Times given in hours for the off course elements of the course represent the number of guided learning hours. These are guidelines for the maximum time and you may complete the tasks in significantly less time.**

Throughout the taught programme the theoretical “How to coach” skills are threaded through the technical and tactical “What to coach” skills, both on court and in group activities. As a result you will have many opportunities to practice and receive feedback on the coaching skills that you have learnt. You will be assessed throughout the course by your course tutor who will give you plenty of opportunities to demonstrate competence in key areas. There will also be some written work throughout the course and an independent assessment at the end.

Cost:

£350 (to include all course support materials)



Basketball UKCC Level 1 Coach Course

Day One

Module 1 – Introduction, role/responsibility, warm-up, rapport and safety

Module 2 – The Coaching Process, How 2 Coach skills, Child Protection, LTPD, fundamentals, instruction and fun

Module 3 – Basic basketball skills,
How 2 Coach skills and practice

Assessment of Knowledge and Understanding via a 30 minute short answer paper

Day 1 Evaluation and Planning for Day 2

2-3 weeks between day 1 and 2 to

- Prepare and deliver 2 coaching sessions
- Complete your home study tasks
- Revisit what you have learnt on day 1
- Prepare for your practical assessment on day 2

Day Two

Recap & Evaluation on own practice and basic rules of the game

Module 5 – Warm up, Team Fundamentals and differentiation. Micro-coaching, supported practice and assessment preparation

Delivery of Individual Assessments of 15 minutes duration

Personal Action Planning



BOXING

Welsh Amateur Boxing Association (WABA) New Entrants/Grade 2 Judging Award

This award is the first in a line of Judging (and eventually refereeing) awards in the **Amateur** world of Boxing.

Candidates will attend **three** lessons in which they will observe Amateur bouts in progress via a DVD on a screen, they will be asked (and taught) to score the bouts and feedback will be given.

On the fourth week (or if you prefer at the end of the third lesson), a 90 minute exam will be sat (those not ready will be given extra time and the exam can be re-sat a number of times thereafter for those not attaining first time).

For the duration of this course candidates will be asked to assist real Amateur bouts in local clubs around North Wales and be assessed on their marks given.

So to pass this course the candidate will need to attend three lessons, pass a theory exam (90 minutes in time) and attend and be assessed successfully local boxing bouts. The candidate will also need to attend a "Safeguarding and protecting children" course, as well as having a CRB check.

There are no pre requisites but an interest and knowledge of boxing is desirable.

W.A.B.A.
Welsh Amateur Boxing Association



COMMUNITY SPORTS LEADERS AWARD

Community Sports Leaders Award

This is a training course designed to give people over the age of 16 skills in leading groups in safe sporting and recreational activity. It is an ideal first step towards gaining national governing body coaching qualifications and promotes the work of volunteers in sport. It encourages participants to take responsibility for others, to develop organisational and communication skills and above all, increases the confidence of people for whom leading groups in sport is a new experience. It is an ideal next step-training course for volunteers who are involved in Dragon Sport. It will cover: -

- ❖ Organisational skills
- ❖ Safety in Sport
- ❖ Know your friends
- ❖ Fitness for sport
- ❖ Child Protection
- ❖ Improvisation and adapted games
- ❖ Games and activity experience
- ❖ Ten hours voluntary leadership experience
- ❖ Emergency First Aid Certificate
- ❖ Organisations of events and competitions

CRICKET

ECB Cricket Young Leaders Award

This course aims to:

- Raise the profile of cricket within a Young Leadership role
- Inspire Young Leaders to get actively involved with cricket
- Help provide additional support for KWIK cricket tournaments
- To help develop generic leadership skills in a cricket context
- Identify potential pathways for Young Leaders in cricket

For participants aged 14-18yrs, the course is aimed at students at specialist sports colleges and secondary schools to enable them to work with younger age group students; and young people assisting with local cricket activities as a volunteer.

Level 1 Certificate in Cricket Coaching (ECB Coaching Assistant)

This course has been designed to help coaches prepare for, deliver and review cricket coaching sessions. It will enable coaches to:

- Introduce and develop the game of cricket to people of all ages in a safe and enjoyable way
- Develop and improve players (as people, as well as cricketers)
- Develop their coaching skills, knowledge and qualities
- Demonstrate competence against UKCC/National standards for coaches

For participants aged 16yrs and above, the course includes the following modules: introduction to coaching, using games to promote learning, developing technical skills using group coaching.

Level 2 Certificate in Cricket Coaching (ECB Coach Award)

This course has been designed to help coaches prepare for, deliver and review cricket coaching sessions. It will enable coaches to:

- Introduce and develop the game of cricket to people of all ages in an enjoyable way
- Develop Fundamental movement skills
- Develop and improve players (as people as well as cricketers)
- Develop their coaching skills, knowledge and qualities
- Demonstrate competence against UKCC/National standards for coaches

For participants aged 18yrs and above, the course includes the following modules: introduction to coaching, coaching children and young players, developing technical skills, group coaching, improving performance and coaching tactical play.



CYCLING



The Scottish Mountain Bike Leaders Association

Mountain Biking Instructor Awards

The SMBLA scheme has been developed by Scottish Cycling, in conjunction with the Scottish Advisory Panel in Outdoor Education (SAPOE), in order to provide a framework and qualification for Leaders to deliver mountain biking as a safe and enjoyable sport and activity.

The course is endorsed by the Adventure Activity Licensing Authority (AALA) and Mountain Leader Training Scotland (MLTS), and recognised by British Cycling (BC). Scottish Cycling is the governing body for cycle-sport in Scotland and is an integral part of British Cycling.

The scheme provides training and assessment in mountain biking and leadership skills.

The scheme offers awards at two levels, the Trail Cycle Leader (TCL) level 2 and the Mountain Bike Leader (MBL) level 3. Each covers topics such as mountain biking skills, repairs and cycle set-up, navigation and leadership. The TCL course must be attended before MBL.

Trail Cycle Leader

On successful completion of TCL assessment the participant will be sufficiently skilled in mountain bike leading to lead groups throughout Scotland and the UK as detailed below:

On public highways, way-marked routes, rights-of-way on which cycles are permitted, identifiable routes, tracks and trails with obvious navigational features and with low to medium technical difficulty. On routes which are 90-95% rideable over their total length. In terrain no more than 30 minutes walk away from a shelter with communication and to be no more than 600 metres in height. (i.e. in AALA defined non-licensable terrain). In normal summer conditions, during daylight. On multi-day trips where the group does not require to be self-sufficient.

A Trail Cycle Leader could also act as an assistant to a Mountain Bike Leader, and would be encouraged to do so to attain the next level of award.

Mountain Bike Leader

On successful completion of MBL assessment the participant will be sufficiently skilled in mountain bike leading to lead groups within Scotland and the UK as detailed below:

On public highways, way marked routes, rights-of-way on which cycles are permitted, identifiable routes, tracks with obvious navigational features and routes requiring considerable technical ability. On routes which are rideable for 90-95% of their total length. In terrain more than 30 minutes walk from the nearest shelter with communication. (i.e. in AALA defined licensable terrain). To any height above sea level. In normal summer conditions during daylight. On multi-day trips where the group does not require to be self-sufficient.

DISABILITY INCLUSION TRAINING

UK Disability Inclusion Training; Coaches & Volunteers

UK Disability Inclusion Training is aimed at people who coach, volunteer, or lead within a sport or physical activity setting, and who want further theoretical information about how to be inclusive in their delivery. There are two versions of the workshop; a 3 hour theory workshop and a 6 hour workshop that includes 3 hours theory and 3 hours practical work. The 6 hour option includes practical sports hall based opportunities to apply the Inclusion Spectrum and the STEPS principle to a range of sports and games (please note the practical is supplementary to the theory and cannot be arranged on its own).

The course focuses on; perceptions and experiences, disability awareness, legislation, barriers and possible solutions to participation, and who is available to help.

3 hour workshop cost: £350 for 20 candidates

6 hour workshop cost: £750 for 20 candidates

Please contact Mark Richards, Disability Sport Wales Development Officer, for further information.

DRAGON SPORT

Workshops

Dragon Sport uses the practical help of REAL experts – parent, teachers, students, family & friends; so that primary school aged children (aged 7 - 11 years) have a great time playing a range of sports (athletics, cricket, football, hockey, netball, rugby and tennis). The workshop will enable volunteers to organise or assist with a Dragon Sports Club in their local primary school or in a community sports club. This is an ideal opportunity for those who would like to pursue a career, voluntary or paid, in the field of sport (teaching or coaching). The workshops are **FREE OF CHARGE** and include:

- Philosophy of Dragon Sport.
- Familiarisation of equipment & resource cards for games & activities;
- Group organisation, safety and leadership;
- Progressions and use of cards;
- Adapting activities;
- Adapting games for mixed abilities;
- Fair play;
- Roles and responsibilities of Dragon Sport Organisers/Helpers;
- Child Protection;

The logo for Sport Wales, featuring the words 'sportwales' in a stylized, lowercase font with a red arrow pointing to the right above the 'w'. Below it, the Welsh name 'chwaraeon cymru' is written in a similar, lowercase font.

FENCING

The British Academy of Fencing Level 1 Teaching Award

A British Fencing Award recognised by Sports Councils throughout the U.K. Ideally an Award for those involved in the holiday industry (eg. holiday camps), teaching the basics of Fencing, with the emphasis on safety and basic simple Fencing actions. It is a five day course, of six hours each day. A Resource Pack from British Fencing is provided.

The British Academy of Fencing Level 1 Teaching Award enables the Candidate to TEACH the Basics of Fencing safely. It is purely a Teaching Award, the Candidates are not expected to Coach.

The teaching process is based on the Mnemonic; I D E A .

Introduction.

Demonstration.

Explanation.

Activity.

The concentration MUST be on the Coach giving a perfect demonstration.

SYLLABUS;

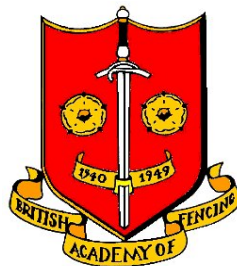
1. Teach the grip, the stance, and the On Guard position.
2. Teach the hit.
3. Teach the Salute, the On Guard position and the Salute into the On Guard position.
4. Teach stepping backwards and forwards.
5. Teach stepping backwards and forwards, include a variety of both size of steps, and speed of steps.
6. Teach the Lunge and recovering both backwards and forwards.
7. Teach stepping forwards, followed by a lunge, and stepping backwards followed by a lunge.
8. Identify the valid target, (Foil), and teach a direct attack.
9. Teach the positions of Sixte and Octave, and include the hit from these positions.
10. Explain the difference between an engagement and absence of blade, relative to the positions of Sixte and Quarte.
11. Relative to Sixte and Quarte teach the meaning of the terms:
 - a. Covering.
 - b. Closing the line.
 - c. Change of engagement.
 - d. Change of guard.

12. Whilst revising the direct attack, explain the F I E .(Fencing Internationale Escrime) definition of a simple attack and the meaning of 'right of way'.

13. Introduce the principle of defence, demonstrate the semi circular parries of Sixte and Octave, and teach a direct Riposte following each of these parries.

14. Introduce the principle of defence, demonstrate the lateral parries of Sixte and Quarte, and teach a direct Riposte from each of these parries.

15. Introduce the concept of phrasing and teach either a direct or a disengage first counter riposte, following the parries of Sixte and Quarte.



FITNESS

Level 2 Fitness Instructor Certificates

Age limit: 17 (18 to actually teach).

Acceptance onto L2 course by interview or assessment only.

Pre-requisite; experience in the leisure industry and/or industry recognised qualifications.

Please note each individual discipline will only run if there is sufficient numbers.

Cost: From £200.00 to £600.00.

These courses are aligned to the National Occupational Standards at level 2.

There are four optional study routes:

1. Exercise to music
2. Gym
3. Aqua
4. Children

The Mandatory Units for these qualifications are:

01 Anatomy and Physiology for exercise

02 Health, Safety & Welfare in a fitness environment

03 Principles of exercise, fitness and health

04 Know how to support clients who take part in exercise and physical activity

Level 2 – Theory

This course covers the content listed in the four mandatory units.

Course Contents

- Anatomy, physiology (bones, skeleton, joints, muscles & their use in exercise, the heart, lungs & energy systems), and their relevance to the discipline taught.
- How to teach safe exercises with good technique
- Teaching skills and safe teaching methods
- Principles of training & safe programme design
- Lesson planning (safe warm ups, aerobic curve, strength & endurance exercise & cool downs)
- Planning progressive programmes
- Candidates are required to attend a first aid course separately
- Customer care, promoting physical activity
- Health and safety and welfare

Assessment:

- Written theory paper x 2
- Worksheets x 2

NB: Instructors may claim APA for the mandatory units if they wish to gain more than one qualification.

Gym Instructor

The Gym Instructor course is designed for those who wish to work with clients in a gym setting. The course covers the use of resistance machines, cardiovascular equipment and free weights. It will enable instructors to devise individual and group training programmes. No prior knowledge or qualifications are essential, however good technique and a familiarity with a range of equipment is desirable. Candidates are advised to attend a gym in order to improve their technique before attendance on the course.

Assessment:

- Lesson plans
- Continuous observed assessment of practical teaching
- Summative observed assessment of practical teaching
- Self evaluation

Exercise to Music

This course is designed for those who wish to teach Exercise to Music (aerobic and body conditioning). It covers the safe planning and teaching of exercise to music classes. Candidates must have participated in Exercise to Music classes. Candidates are advised to attend many different types of exercise to music classes taught by different instructors to broaden their knowledge of style and teaching techniques

Assessment:

- Lesson plans
- Continuous observed assessment of practical teaching
- Summative observed assessment of practical teaching
- Self evaluation

Children's Exercise (Kids Fit)

This is a course of five fun-filled days of practical ideas for helping youngsters keep active. Learn how to cater for a wide range of abilities and how to hold their interest. It covers both primary (5 to 10) and secondary (11 to 16) age groups.

You will cover:

- Current levels and perspectives on children's activity
- Growing bodies and the differences between children and adults
- Social and emotional needs of children
- Safe structure
- Content ideas for sessions
- Basic healthy eating guidelines for children.

Students who successfully complete the assessment, will then be able to gain insurance to work as a fitness instructor in their chosen discipline.

Continued Professional Development

Circuit Instructor

Circuit training is extremely versatile and its popularity is growing all the time. Sessions can be a very effective way of building up strength and endurance for

a wide range of fitness levels. The course covers the use of small equipment, circuit formats and programme design. Candidates are advised to attend a variety of circuit classes with different instructors to broaden their knowledge of class formats and teaching methods before applying for a place on the course.

Stability Ball (PROFESSIONAL DEVELOPMENT)

This two day course will ensure you have a foundation for safe and effective use of the stability ball. The course will include: - Principles of core stability Benefits and Advantages to using a stability ball Choice and care of stability balls Assessing abdominal strength Technique for basic positions Moving on – more advanced work Progressions and movement patterns

To become a certified Stability Ball Instructor, applicants will be assessed at the end of the 2nd day OR you may submit a video* presentation no later than 12 weeks after completion of the Module. *Please note that there is an additional cost of £30 for video assessment. It is essential that you have background knowledge of the body and how it works. A recap of anatomy and physiology is useful before you attend the course and you must hold an industry recognised Level 2 or equivalent qualification.

Other courses we can run include Pilates, Group cycle training, Cardio Kickbox, Pole 4 fitness and Muscle max.

Acceptance onto L2 course by interview or assessment only.

Pre-requisite; experience in the leisure industry and/or industry recognised qualifications.

Please note each individual discipline will only run if there is sufficient numbers.

ADVANCED INSTRUCTOR (Level 3) *Please note this course is being phased out and will be replaced by the newly recognised level 3 personal trainer.*

A 9 Day course to enable Gym Instructors to upgrade their knowledge and teaching skills. The Advanced Instructor Course also prepares students to sit the National Level 3 theory paper. This gives Reps recognition at Level 3 for Instructors with Personal Training or G P Referral qualifications.

The course covers:

Advanced warm up/cool down principles including sport specific.

Advanced resistance training methods

Advanced cardiovascular training methods

Exercise counselling techniques

Advanced anatomy and physiology

Principles of periodisation programme design

Goal setting

Screening including medical referral

Core stability

Advanced flexibility techniques including P.N.F.

Motor Skills Development

Plyometrics

- Advanced theory knowledge.

- Psycho-social aspects of exercise & fitness.
- Training periodisation.
- Application to a range of exercise settings including advanced cardio vascular and weight training

Exercise Referral Scheme

This course will be running soon across Wales and candidates must hold a current Advanced Instructors or Personal trainers Qualification to do it, so please contact Paul Murray for more details.



FIRST AID

Emergency First Aid

A 6-hour course that meets the recommendations of the HSE/DED current first aid training regulations in low risk environments.

The course is designed to enable volunteers meet the minimum legal requirements for first aid provision. All clubs are advised to have as many first aider's as possible. No prior knowledge is necessary.

Effective emergency treatment before professional help arrives can go a long way to reducing the effects of illness and injury, and indeed save someone's life. Taking part in a first aid course may be the most important decision you make in your life.....



FOOTBALL



FAW Football Leaders Award

A 15 hour course providing a basic introduction to the organisation of football practices in a fun, safe environment with an emphasis on skill development. This is a mandatory award for all coaches involved in junior football in Wales. Course Resource provided. **£40.00**

FAW Goalkeepers Award

A six hour course providing a basic introduction to the organisation and delivery of goalkeeper specific activities. The course will focus on developing candidate skills in the organisation of practices in a fun, safe, learning environment. Course Resource provided. **£30.00**

FAW First Aid for Football Awareness

A three hour course developing an awareness of first aid techniques within a football environment. **£25.00**

Welfare & Child Protection - A Guide to Best Practice

A three hour workshop to support candidates in developing good practice when working with children and vulnerable adults. The workshop will focus on identifying poor practice and recognising signs, symptoms and forms of abuse and how to react to concerns or disclosures. It will also provide advice on how to identify people and organisations that can help and provide support in such situations. **£25.00**

McDonald's Coaching Workshops

A range of local workshops that aim to provide support and information for coaches working at grass roots level with junior clubs in Wales. The courses also form part of the FAW revalidation requirements. **Free**

FAW Footballers with a Disability Practical Course

A 6 hour practical course providing coaches with an insight into adapting coaching sessions for disabled footballers in a fun and safe environment. The course will assist, supplement and support the coaches existing experiences in this field. **£20.00**

FAW Footballers with a Disability Workshop

A 3 hour theory workshop providing an introduction to key considerations when working with disabled players, including language and terminology, communication techniques and health and safety. **£20.00**

GOLF

Tri-Golf Activators Course

This two-hour course demonstrates how to organise safe and enjoyable golf sessions using tri-golf equipment. The course covers an introduction to the scheme and equipment, safety and organisation of games, use of the game cards and further adaptations, how to use tri golf in schools and the community. The course is open to anyone as no golfing experience is required.

Junior Golf Leadership Workshop

The Junior Leadership Workshop is a 6 hour course aimed at volunteers wishing to introduce the basics of golf to young people in a fun and safe way. It is currently being re-written to account for the fact that the new [ASQ Level 1](#) and [Level 2](#) courses are now available.

The course most likely will still look at all aspects of golf for young people including:

- Motivation
- Communication
- Organisation

Candidates may also be provided with information regarding the introduction of basic golfing practices to children as well as:

- Delivery strategies
- Safety
- Planning

Workshops will be fun as well as practical and useful.

ASQ Level 1

The ASQ Level 1 Certificate in Coaching Golf will provide individuals with the knowledge and competence to assist more qualified coaches, delivering aspects of golf coaching sessions, normally under direct supervision. This qualification is available to individuals with an interest in golf coaching, who wish to work alongside other qualified coaches (for example a golf Professional) to provide basic technical coaching to beginner golfers.

Prior to attending a Level 1 course all candidates will receive a course pack that includes all the resources required to complete the qualification. From receiving this resource pack, which includes a Home Study Workbook, the Level 1 course takes around 5 weeks to complete. During this time candidates will be expected to read through the Home Study Workbook in preparation for a two-day practical course that will involve relevant assessments of coaching sessions as well as a 45 minute multiple choice questionnaire. At all stages of the course candidates will be given best practice guidance.

Course Entry Requirements:

Prior to registration for the ASQ Level 1 Certificate in Coaching Golf, the candidate must:

- Have a commitment to attend all of the specified course dates
- Be at least 16 years of age

Throughout the delivery and assessment of this qualification, candidates will be required to consistently demonstrate and apply the correct technical models for the full range of applicable shots. This means that although candidates will not be required to have any specific handicap, they will need to be able to demonstrate an appropriate level of playing ability.

It should be noted by all candidates that on successful completion of the ASQ Level 1 Certificate in Coaching Golf they may be required to undertake relevant Child Protection training prior to their deployment as a golf coach. They may also be required to undergo a Criminal Records Check. This check and the child protection training will be a requirement for coaches seeking to obtain a Level 1 Golf Coach Licence through the PGA.

ASQ Level 2

The ASQ Level 2 Certificate in Coaching Golf will provide individuals with the knowledge and competence to lead the planning and delivery of coaching sessions to improving golfers. This qualification is available to individuals with an interest in golf coaching, (who meet the course entry requirements listed below), who wish to further develop their coaching knowledge and skills in the golfing arena.

Prior to attending a Level 2 course all candidates will receive a course pack that includes all the resources required to complete the qualification. From receiving this resource pack, which includes a Home Study Workbook, Technical, Tactical and Physical Manual and Coaching Log resources, the Level 2 course takes around 25 weeks to complete. During this time candidates will be expected to read through the manuals provided in preparation for four days of practical course (delivered as two, two-day sessions).

Two days of practical assessment will follow that will involve assessment of individual coaching sessions, explanation and demonstration of various golf shots as well as a 45 minute multiple choice questionnaire. Candidates are also assessed through the submission of a coaching log book that records and reviews six individual coaching sessions, of which four are linked together to show progression and development. At all stages of the course candidates will be given best practice guidance.

Course entry requirements:

Prior to registration for the ASQ Level 2 Certificate in Coaching Golf, the candidate must have:

- obtained an ASQ Level 1 Certificate in Golf Coaching
 - a commitment to attend all of the specified course dates
 - Be at least 16 years of age
-
- It is also strongly recommended that candidates have completed a minimum of 30 hours logged coaching experience since the completion of the Level 1

certificate in order to have obtained the necessary coaching experience – although this is not an absolute requirement.

Throughout the delivery and assessment of this qualification, candidates will be required to consistently demonstrate and apply the correct technical models for the full range of applicable shots. This means that although candidates will not be required to have any specific handicap, they will need to be able to demonstrate an appropriate level of playing ability.

It should be noted by all candidates that on successful completion of the ASQ Level 2 Certificate in Coaching Golf they may be required to undertake relevant Child Protection training prior to their deployment as a golf coach. They may also be required to undergo a Criminal Records Check. This check and the child protection training will be a requirement for coaches seeking to obtain a Level 1 Golf Coach Licence through the PGA.

NB. The PGA is currently clarifying the demand for Level 2 coaches with the governing bodies of golf. This work requires the development of detailed workforce plans that are taking time to complete effectively. Once this work is complete the PGA will be able to plan and deliver a full programme of Level 2 courses that meet the needs of the game in the UK. This information will be available in due course.

Good Practice and Child Protection for Golf

Golf Development Wales in association with the Sports Council for Wales and SportsCoachUK has developed a three hour workshop on child / adult protection.

Entitled “Safeguarding and Protecting Children Workshop”, this evening workshop has been designed to be of use to volunteers and coaches involved in the delivery of junior golf in Wales (N.B. it is worth 25 cpd points to PGA Professionals). This workshop should help educate and remove the “scare” factor felt by some when confronted with the topic of child and adult welfare. Those clubs who have had a representative attend this workshop will receive one new “Children in Golf” resource pack which is available to help golf clubs in producing child / adult welfare policies.



GYMNASTICS

Gymnastics Coach Level 2

This new course will allow a Level 2 Coach to deliver a session alone, providing that there is a Club Coach or higher responsible for the programme of work.

There are three component modules:

Common Core Module.

Common to all disciplines and progressive through each level.

Topics include:

- Code of ethics and conduct
- Protection of Children & vulnerable adults
- Teaching didactics
- Class/club management
- Safety and responsibility
- Planning the training and competition
- Child development
- Sports psychology
- Physical prep-flexibility & strength
- Anatomy and Physiology
- Managing people

Sport specific theory module

Specific to the sport discipline and includes:

- Age and stage of maturation
- Biomechanics
- Talent identification and development
- British gymnastics reward schemes
- National development plan
- Construction of routines
- Sport specific judging rules

Sport specific practical module

Practical coaching of sport specific skills and including:

Progressive development of elements

- Dance and Choreography
- Safe environment & safe supporting physical prep
- Development of routines for comps
- Use of the Tramp/Trampoline as an aid to Teaching Gymnastic Elements.

Sport Specific disciplines.

The various levels of qualifications are available in the following contexts:

Competitive disciplines

- Men's artistic gymnastics
- Women's artistic gymnastics
- Rhythmic gymnastics
- Trampoline gymnastics
- Acrobatic gymnastics: Pairs & Groups
- Tumbling gymnastics

- Team gymnastics
- Aerobic gymnastics

Recreational Disciplines

- Pre-school gymnastics
- General gymnastics
- Floor, vaulting and beam

*Coaches at level 2 must be 18yrs to teach but can do the course at 17yrs.
Pre-req; must hold a Level 1 or equivalent course.*

Cost does not include BG/WG membership.

Everyone must have a CRB with BG or WG.

Candidates will be expected to supply three or four suitable gymnasts for duration of course and exam.

BAGA Trampolining Instructor Award.

A 4-day course which covers theory and practical work. Subject areas include safety, use/care of equipment, warm ups, spotting, various techniques and skills, coaching responsibilities, communication, competition rules and linking moves. A theory and practical exam is included.



HOCKEY

Hockey Organisers Workshop (Level 0)

This workshop does not qualify an individual to coach but provides an introduction to the sport of hockey and the main components of coaching

3 Hour Workshop

Run on demand, usually 10 – 15 times a year throughout Wales

UKCC Level 1

Qualifies an individual to act as an Assistant coach

One evening and 2 full days

8 – 10 Courses a Year (increase targeted in 2011). Dates and venues set by WHU in cooperation with the demands of Clubs and Development Officers

UKCC Level 2

On completion of 2 Assessments the level 2 Award qualifies a coach to lead a club session for children and/ or adults

4 Full days (usually 2 weekends)

Currently run twice a year during the Summer. One course in South Wales and a second alternating between Mid and North Wales

UKCC Levels 3,4 and 5

Qualifies coach to deliver at International Level and provides in depth training on all aspects of the game and Coaching

Course dependant

Run by England Hockey Board. See www.englishockey.org for more information



NETBALL

Starting Out

Starting Out is particularly useful for the beginner/inexperienced netball coach. Once qualified holders can coach independently unless aged under 18 when they may only assist.

Netball specific course content game skills - Basic

- Movement, Passing & catching, Shooting, Attack, Defence

Who will the course benefit?

- Dragon netball coaches, Students, Parents, Sports leaders

Course requirements

- Attendance only

UKCC Level 1

Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision.

UKCC Level 2

Prepare for, deliver and review coaching session(s)

Umpiring Courses

"Q" Award

For beginners and novices

Theory and practical umpiring skills, qualification by attendance.



OUTDOOR SPORTS

A range of courses are available in outdoor sports e.g. Mountaineering, hill walking, sailing, windsurfaing, orienteering, canoeing, kayaking, climbing. These course are arranged on demand, for further information, please see www.outdoorpartnership.co.uk or phone 01492 643273/07733012997

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RUGBY

Community Tag Leaders Award

This course is suitable for teachers, coaches and sports leaders to introduce the non contact game of tag rugby. This also looks at generic organisation of coaching sessions and skill development.

These courses can be set up on demand.

Cost £20

Certificate in Coaching Rugby Union - WRU Level 1 (UKCC L1CCRU) Combined Rugby Ready

Aims

The course provides coaches with an introduction to the game of rugby union and the principles and practice of safe, ethical and effective management and coaching of players of all ages. The course qualifies the coach to act as an assistant to a more qualified coach. The Level 1 Certificate in Coaching Rugby Union aims to develop a coach's 'How to Coach' skills as well as improve their 'What to coach Skills'. The course is a modular course made up of the following units:

Unit 1- Introduction to Safe and Ethical Rugby Union

- The role of the coach
- Working with Children
- Basic Laws of the Game
- Health and Safety

Unit 2 – Plan Rugby Union Coaching Sessions

- Planning for Delivery of Coaching Sessions

Unit 3 - Deliver Rugby Union Coaching Sessions

- Principles of Warm up and Cool Down
- Skill Development (Generic and position specific skills)
- Communication Skills
- Observation of Performance

(All units are mandatory.)

Rugby Ready Workshop

The IRB Rugby Ready programme aims to support individual coaches, referees, players and Unions in preparing to play the game and with good practice models for physical conditioning, technique, injury prevention and injury management. This workshop is compulsory for all coaches attending UKCC Level One course.

Entry Requirements: Minimum Age 16

Course Cost: £120.00 includes cost of Rugby Ready Workshop

Certificate in Coaching Rugby Union - WRU Level 2 (UKCC L2CCRU)

Aims

Building on the Level 1 Certificate (UKCC L1CCRU) the course develops greater depth of knowledge of the game of rugby union and the principles and practice of safe, ethical and effective management and coaching of players of all ages. The course qualifies the coach to 'Prepare for, deliver and review coaching session(s)'. The course is a modular course made up of the following units:

Unit 1 - Rugby Union Coaching Principles and Ethics

Unit 2 - Plan Rugby Union Coaching Sessions

Unit 3 - Conduct Rugby Union Coaching Sessions

(All units are mandatory)

Course Format:

2 x 2 Days On-Course:

Practical

- Handling
- Running
- Kicking
- Contact
- Continuity
- Restarts

Theory

- Fitness
- Communication
- Coaching Styles
- Effective Coaching
- Warm up / Warm down

followed by **Home Study / Log Book:**

Home Study Tasks

- Laws of the Game
- Risk Assessment / Health & Safety
- Planning Coaching Sessions
- Nutrition For Rugby Union
- Player Profile

followed by **2 Days On-Course:**

Assessment

- Internal Assessment of Home Study
- Review of Session Plans
- Laws Test
- Practical Session

Practical

- Positional Skills
- Individual sub-unit & unit- Advanced Team Skills
- Understanding the Game

Theory

- Laws of the Game Test / Discussion
- Player Development
- Effective Evaluation of Sessions
- Motivation
- Action Planning

Entry Requirements: Candidates must be over 18 years of age before certification. This is due to the level of autonomy and responsibility of a qualified coach of Rugby Union operating at this level. Candidates must also hold UKCC Level 1 qualification

Course Cost: £200.00

Certificate in Coaching Rugby Union - WRU Level 3 (UKCC L2CCRU)

Aims

To provide candidates, who have an ongoing involvement in coaching rugby union, with the necessary skills, knowledge and experience to deliver a coaching programme and demonstrate their rugby union coaching ability. The Certificate offers an opportunity for candidates to be given support to effectively apply the principles of performance profiling, goal setting, and designing, planning and evaluating a rugby union coaching programme and practice.

It also aims to enable the candidate to create an effective coaching environment, establish supportive working relationships and manage the behaviour of players and others. This is achieved through an understanding and the application of the underpinning knowledge of the Level 3 NOS in Coaching, Teaching and Instructing and the Level 3 Rugby Union Technical Definition and Assessment Specification.

Learning Outcomes

On successful completion of the Level 3 Certificate in Coaching Rugby Union, candidates should be able to:

- establish potential performance benchmarks / indicators
- establish players' current and potential performance needs
- establish and agree goals with the players and others
- design a rugby union coaching programme that meets the identified needs of the team and players
- plan a detailed training cycle or phase associated with an aspect of the rugby union coaching programme
- plan an evaluation schedule for the rugby union coaching programme
- establish and maintain a safe coaching environment for players and others
- establish and maintain supportive working relationships with players and others
- manage players' and others' behaviour to ensure a safe and effective Rugby Union coaching environment
- prepare players and others for the coaching programme
- deliver a rugby union coaching programme
- develop players' performance within the coaching programme
- monitor and evaluate players' performance and development
- monitor and evaluate the effectiveness of the coaching programme
- monitor, evaluate and develop personal coaching practice
- monitor, review and support the development of the coaching practice of others

The L3CCRU comprises six units of assessment (see below). The five generic units must be assessed in the context of Unit 6, which includes the technical aspects of rugby union coaching at this level. These units constitute the format of the Level 3 Certificate in Coaching, which is composed of five generic mandatory units and a number of optional units.

Level 3 Certificate in Coaching Rugby Union

Unit 1

Analyse performance and goal setting

Unit 2

Design a coaching programme

Unit 3

Manage a safe and effective coaching environment

Unit 4

Deliver a coaching programme

Unit 5

Evaluate and develop a coaching programme and practice

Unit 6

Coaching Rugby Union

Entry Requirements: Candidates must be over 18 years of age before certification and hold a Level 2 (UKCC L2CCRU) Certificate.

Course Cost: £300.00



SQUASH

Leaders Award

This course is ideal for teachers wishing to introduce a fun, learning experience for Key Stage 1 and 2 pupils within curriculum or extra curriculum time. It features progressive ways to develop the physical literacy skills that underpin all sporting activity and introduce squash in a primary school environment without the need for a squash court.

Introduction of generic sports and squash skills through fun activities

- Travelling skills – running, jumping, hopping, skipping
- Body management skills: - balancing/centring, dodging, landing, ready position, sinking/falling, stopping, stretching, swinging, twisting and turning
- Object control skills: - Sending – rolling, throwing and striking, Receiving - catching and stopping, Travelling whilst balancing or bouncing a ball, Receiving and sending – whilst stationary and when moving

Practical/Theory Ratio:

General Mix of practical and theory.

UKCC Level 1 Coaching Award

Register onto a SCUK safeguarding and protecting children Workshop or an equivalent child protection course. Evidence of this booking is required as part of your application and can be completed prior or during your Level 1 Certificate in Coaching Squash. A copy of your Child Protection Certificate is required as proof of attendance and you will not receive a UKCC Certificate in Coaching Squash until this is provided

Complete the 'Level 1 Certificate in Coaching Squash – Application Form' and forward to Squash Wales.

Complete a CRB Disclosure Application Form.

Once your application has been processed you will be sent the following information, to help you prepare for your coaching course: -

- Skeleton syllabus
- Mini Squash DVD
- Coaching practice requirements
- Log onto www.minisquash.com to find out about Mini Squash

Attend day 1 of your Level 1 Certificate in Coaching Squash

Duration - 9.00 am – 5.00 pm

You will have approximately 4 weeks between day 1 & 2 of your coaching course and will need to do the following: -

- Write 4 Mini Squash lesson plans
- Deliver 4 Mini Squash lesson plans
- Evaluate the delivery of your 4 lessons
- Complete Coaches Safety Check Lists prior to delivery of coaching practice & Mini Squash lessons
- Home Study Questions
- Coaching Practice Evaluation – identify strengths and areas to improve

Attend day 2 of your Level 1 Certificate in Coaching Squash
Course Duration - 9.00 am – 2.30 pm
Practical Assessment – 2.30 pm – 5.30 pm
Candidates deliver a 15 minute Mini Squash Lesson to 4 pupils

Certification

You will be sent details in the post regarding certification.

(Certification will only be made once a copy of your attendance certificate at a Child Protection Workshop (as outline above) has been received

**SQUASH
WALES**

SWIMMING

UKCC Level 1 Swimming Teaching / Coaching

The Level 1 (Support Teacher / Support Coach) for Aquatics is an all inclusive qualification and sits as the first formally assessed qualification on the teaching / coaching qualifications pathway. Unit 1 is a common unit to all of the aquatic strands (Aquatic Teaching, Diving, Swimming Coaching, Synchronised Swimming and Water Polo) and has a focus on “how to teach/coach” skills with a technical emphasis on movement literacy as defined by Long Term Athlete Development (LTAD). Unit 2 has a focus on the specific discipline (Aquatic teaching, coaching, diving etc), and develops technical knowledge and practical skills that will allow the aquatic teacher to fulfil the following role descriptors.

Role Descriptor – Swimming Teacher

Once qualified the holder of the Level 1 (Support Teacher) Certificate for Aquatic Teaching is able to actively support a more senior qualified aquatic teacher at any level, in the delivery of a pre-prepared session. This person will be expected to have an basic understanding of appropriate skills and correction to common aquatic faults.

Role Descriptor – Swimming Coach

To actively support a more senior qualified swimming coach at any level, in the delivery of a pre-prepared session. This person will be expected to have an understanding of the sport and a basic understanding of appropriate corrections to common faults.

UKCC Level 2 Swimming Teaching / Coaching

The Level 2 Swimming Coach sits as the second formally assessed qualification on the Coaching qualifications pathway. Units 1-3 are common units to all of the Aquatic Strands (Swimming Coaching, Diving, Synchronised Swimming and Water Polo) and has a focus on “how to coach” skills. Units 4-6 have their focus on the specific aquatic discipline (swimming teaching, coaching, diving etc) and will further develop technical knowledge and practical skills that will allow the teacher / coach to fulfil the following role descriptor.

Role Descriptor – Swimming Coach

Once qualified the holder of the Level 2 Certificate for coaching is able to plan, deliver and evaluate a series of six consecutive sessions within the context of a macro cycle prepared by a senior/licensed coach.

Role Descriptor – Swimming Teacher

Once qualified the holder of the ASA/UKCC Level 2 Certificate for Teaching Aquatics will be equipped to plan, deliver and evaluate a series of consecutive sessions within the context of a self prepared scheme of work.

ASA Adult & Child Certificate

PRE REQUISITE

Candidates must:

- Be at least 18 years of age at the commencement of the course
- Be a holder of an ASA Level 2 Certificate for Teaching Swimming (minimum of Units 1, 2 and 3)
- Be the holder of an ASA Teacher Certificate (Swimming) pre 2000 and have evidence of Continuing Professional Development (CPD)

Role Descriptor – Adult & Child

Once qualified a holder of the Adult and Child Certificate is able to teach Adult and Child Water Activities and skills to a group with a range of abilities normally consisting of up to 8 children, each with an adult, and to organise and supervise assistants. As the teacher gains additional experience it is reasonable for the number of pupils being taught to increase with the requirements as stated in the current edition of Safe Supervision for Teaching and Coaching Swimming.

ASA Level 1 Certificate – Teaching Disabilities

PRE REQUISITE

- Candidates must be at least 16 years of age at the commencement of the course.

Role Descriptor – Teaching Disabilities

Once qualified a holder of the Level 1 Certificate for Teaching (Disabilities) is one who is able to support and teach individual swimmers with significant learning, physical or sensory disabilities under the supervision of a qualified teacher (Disabilities). As the Level 1 certificate holder gains additional experience and following a risk assessment carried out by the supervising teacher the Level 1 Teacher should be able to take responsibility for a group of up to three swimmers with disabilities with the assistance of helpers in the water.

ASA/Swim Wales Continuing Professional Development Seminars

Conwy arranges ASA CPD seminars to ensure teachers and coaches are kept up to date with ideas and techniques.



National Pool Lifeguard Qualification (NPLQ) *Certificate in Swimming Pool Supervision and Rescue

What will you need to do to get the NPLQ?

Every candidate, prior to commencement of training for the **NPLQ** must:

- Be 16 years of age;
- Be able to meet the following basic fitness criteria:-
 - jump / dive into deep water
 - swim 50 metres in less than 60 seconds
 - swim 100 metres continuously on front and back in deep water.
 - tread water for 30 seconds
 - surface dive to the floor of the pool
 - climb out unaided without ladder / steps and where the pool design permits

Training and assessment for the NPLQ is in two units:

Unit 1 – The Principles of Lifesaving and Swimming Pool Supervision

Assessment for Unit 1 takes place at the conclusion of a training course for a minimum of 31 hours for new candidates. It determines your knowledge and understanding of the principles of working as a pool lifeguard. Your ability is assessed in a range of lifesaving skills which enable you to deal with common emergency situations in pools. Unit 1 comprises four elements:-

- The principles of pool lifeguarding;
- Water rescue skills, including times swim rescues, conscious and unconscious casualties;
- CPR skills on adult, child and infant;
- First Aid, where you will demonstrate a knowledge of selected first aid conditions and advising on poolside treatment.

Unit 2 – The Application of Supervision and Rescue in a Swimming Pool

Unit 2 is continually assessed over a minimum 7 hours training. It determines your ability to apply the Unit 1 skills and knowledge in a work-related environment as they would apply in a swimming pool. .

The **National Pool Lifeguard Qualification (NPLQ)** is awarded upon successful completion of both units. You must successfully complete both Units of the assessment within a 6 month period. All elements of Unit 1 must be successfully assessed within a 28 day period, and for renewal candidates, within the period of validity of your existing qualification.



TENNIS

Level 1 Coaching Assistant

The course is the starting point for people who want to get involved in tennis. It is aimed at people who are enthusiastic about tennis and want to help a coach deliver Mini Tennis.

It is endorsed by the UKCC (United Kingdom Coaching Certificate) and successful candidates will receive a Level 1 Certificate in Coaching Tennis awarded by 1st4sport.

The main objectives are to train candidates in how to assist an LTA licensed coach with groups of mini tennis players.

On successful completion of the Level 1 candidates should be able to:

- Motivate and inspire people to play tennis.
- Use effective verbal and non verbal communication skills.
- Organise tennis activity constructively and safely.
- Plan and deliver a structured lesson using LTA Level 1 coach resources.
- Have basic knowledge of tactics, techniques and rules of tennis.
- Have a full understanding of the structure of Mini Tennis.

Level 2 Coaching Assistant

The course is aimed at Coaching Assistants who want to improve their coaching skills and be able to work with groups of beginners on their own under the umbrella programme of a licenced coach.

It is endorsed by the UK Coaching Certificate (UKCC) and successful candidates will receive a Level 2 Certificate in Coaching Tennis, awarded by 1st4sport.

The main objectives are to train candidates in how to:

- Create a motivating and enjoyable environment.
- Organise competition for groups of beginners.
- Coach groups of beginners using differentiated equipment.

On successful completion of the Level 2 candidates should be able to:

- Motivate and inspire people to play tennis.
- Organise competition for groups of beginners.
- Use effective verbal and non verbal communication skills with groups of beginners.
- Organise tennis activity constructively and safely with groups of beginners.
- Plan and deliver a structured lesson using LTA

Level 2 coach resources.

- Have basic knowledge of tactics, techniques and rules of tennis.
- Have a full understanding of the structure of Mini Tennis.
- Give advice on tactical and technical improvement for beginners of Mini Tennis.

Level 3 Coach

The Coach Qualification is for people who want to work full time within the coaching profession.

The Coach Qualification is UKCC Level 3 endorsed and is awarded by 1st4sport. The Coach Qualification also assess the practical application of the NVQ Level 2 in Coaching, Teaching and Instructing Tennis also awarded by 1st4sport.

The main objectives are to train candidates how to:

- Coach beginners and improvers in groups and individuals.
- Organise relevant competitions for beginners and improvers.
- Understand the basics of business management.

On successful completion of the Coach Qualification candidates should be able to:

- Motivate and inspire people to play tennis.
- Organise relevant competitions.
- Understand the competitive structure in the UK.
- Effectively use the coaching process and its integral parts to improve player performance.
- Work on their own with beginners and improvers in groups and individuals.
- Manage the work of Level 1 and 2 Coaching Assistants.

Primary Schools Tennis Teacher Training Course

This 3 hour course has been designed to give primary school teachers the confidence and tools to deliver tennis to a class of children in a small space.

The course will take teachers through the DVD resource and will also cover the game of Mini Tennis and provide teachers with ideas for fun games and competition for the whole class.

The course will take place within a primary school hall, so that the learning environment is as realistic as possible. It demonstrates how tennis can be taught to the whole class regardless of their ability, making the session achievable to every child yet challenging for the most able.

Secondary Schools Tennis Teacher Training Course

This 3 hour course has been developed to provide teachers with the confidence and knowledge to deliver traditional and modified versions of the sport.

The course also demonstrates an innovative new resource which has been developed to assist teachers in assessing the ability of pupils against National Curriculum attainment levels, through a range of descriptor cards and film clips.

Teachers attending the course are also provided with an overview of other areas of support and resource, including; Cross Curricular activities, Competition, Alternative Delivery using Cardio Tennis, Leadership & Volunteering and how tennis can contribute to the delivery of external PE qualifications.



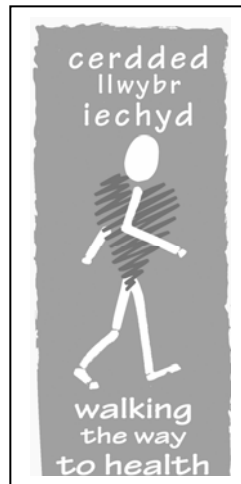
WALKING

Walk Leader Training

The course consists of:

How to lead a walk, motivating people to walk, benefits of exercise, safety, physical activity and special health conditions.

On completion of the course a certificate is awarded which is recognised by the British Heart Foundation. Walk leaders are insured personally and to lead walks.



WATER SPORTS

A range of courses are available at Plas Menai:

Try dinghy sailing, windsurfing, powerboating, canoe and kayaking, yacht sailing, plus many more.....

Please phone 01248 670964 for a full brochure and course details.



RYA Day Skipper Shore Based Course

This assumes knowledge to the level of Competent Crew. A comprehensive introduction to chartwork, navigation, meteorology and the basics of seamanship. Invaluable for learning how to start making decisions on board and if you are considering taking the Day Skipper practical course.

It is for those who wish to start to expand their skills by introducing navigation, pilotage and meteorology. There are assessment papers during this course. An RYA certificate is issued on satisfactory completion.

Pre-course experience: Some practical experience desirable

Assumed Knowledge: None

Course content: Basic seamanship and introduction to navigation and meteorology. A basic knowledge of lights, weather and IRPCS is also included.

Ability after course: Sufficient knowledge to navigate around familiar waters by day.

Minimum duration: 40 hours and 2 assessment papers

For further information, please contact Andy White, Coleg Llandrillo 01492 546666 ext 523

RYA Coastal Skipper/Yachtmaster Offshore Shorebased Course.

This course assumes knowledge of navigation and is ideal for candidates for the Coastal Skipper practical course and Yacht master Offshore exam and looks at collision regulations and meteorology to the level of Day Skipper (Some revision of the Day Skipper shorebased course is included). The course will take you on from Day Skipper Level to the more advanced skills in offshore and coastal navigation by day and night, pilotage and meteorology. It is an

intensive course and we do not recommend participation without prior knowledge to at least Day Skipper level. There are assessment papers on navigation, meteorology and the Collision regulations during this course. It is designed to give you good grounding in the theory that will be necessary to move onto the Coastal Skipper and then Yacht master offshore practical examinations. An RYA certificate is issued on satisfactory completion.

Pre-course experience: Knowledge equivalent to the Day Skipper shorebased course.

Assumed Knowledge: Navigation to Day Skipper standard and some practical experience is recommended.

Course content: Navigation, meteorology, collision avoidance, safety and passage planning.

Ability after course: Understands the principles of navigating for coastal and offshore passages.

Minimum duration: 40 hours plus 3 assessment papers



Marine Radio (SRC)

A one-day course for anyone who owns a fixed or hand-held marine VHF radio.

The Short Range Certificate is the qualification required by law if you operate a VHF radio fitted with Digital Selective Calling (DSC) on any British vessel voluntarily fitted with a radio.

A radio is an important piece of safety equipment on board and it is vital to understand the correct procedures. Unnecessary transmissions could block out a Mayday distress call.

All new VHF sets are either fitted, or can be interfaced, with DSC allowing calls to specific vessels. If you hold the 'old' VHF licence (pre-1999) you need to upgrade your qualification if you purchase new equipment. This can be done by attending this one-day course or, if no tuition is required, you can enter for direct examination.

Course topics include:

- the basics of radio operation
- the correct frequencies (channels) to be used
- distress, emergency and medical assistance procedures
- making ship to shore telephone calls
- Digital Selective Calling (DSC) using simulators
- Global Maritime Distress and Safety System (GMDSS)
- Emergency Position Indicating Radio Beacons (EPIRB)
- Search and Rescue (SART)

The course will be taught using radio simulators and will be examined by a short written test.

WATER TREATMENT COURSES

National Pool Plant Foundation Certificate

A one day introduction to swimming pool water issues designed for front line staff such as lifeguards and fitness instructors. Key areas include hygiene, customer care, water quality and water testing. The course introduces the basic principles and processes of pool water treatment, and the practical skills required to test the pool water. By the end of the course all successful candidates will be able to understand the factors that contribute to pool water quality, explain to bathers what can affect pool water quality, and the importance of good hygiene and cleanliness in and around the swimming pool. This course provides the first step towards the full National Pool Plant Operators Certificate course and is particularly useful for staff who are new to the industry.

- Pool Water Treatment – Objectives
- Pool Water Contamination
- Pool Hygiene and Cleaning
- Water Supplies and Treatment
- Swimming Pool Plant
- Water Treatment
- Water Testing
- Pool Water Log

National Pool Plant Operators Certificate

A three day course designed for supervisors and managers who are responsible for the safe operation of swimming pools, providing the knowledge required to maintain pool plant and equipment. For staff wishing to progress within the industry, it also provides core knowledge, including pool water testing, the chemistry and treatment of pool water, and current best practices. It also aims to enable employees to demonstrate an understanding of the design and operation of their own pool plant including the circulation, filtration, disinfection, pH correction and heating of pool water. Successful candidates will know how to maintain water that is in 'balance' and which is safe and pleasant to swim in. They will be able to use correct techniques to test pool water and understand the remedial action required to restore ideal conditions, the technical requirements for ensuring safe and efficient operation of pool plant and the use of good management and cost effective technologies to save energy.

- Knowledge of theory and practice of pool water treatment
- An understanding of the various items of plant and equipment
- The ability to interpret water testing results
- An understanding of the basics of energy conservation
- Swimming pool management
- Swimming pool hygiene and cleaning
- Chlorine and hypochlorite chemistry
- Pollution and infection
- Circulation system
- Filtration
- Water supplies and treatment

- Disinfection of pool water
- Automatic control
- Water testing and diagnosis
- Chemical safety
- Chemical delivery and storage
- Loading and circulation
- Dosing practices
- Ozone, ultra violet and ions
- pH, alkalinity and water balance
- Diagnostics
- Valves
- Heating and ventilation
- Health and safety (COSHH)
- Energy-efficient management
- It is essential that anyone wishing to attend an NPPO course is able to demonstrate that they have the following knowledge and experience:
 - Have a working knowledge of the plant room
 - Have a knowledge and basic understanding of pool water treatment
 - Be able to competently carry out the standard range of tests
 - Knowledge and experience can be demonstrated by having gained the Foundation Module or by supplying a reference from current employer or sponsor certifying relevant experience.

RoPPP Update Seminars

The aim of this one day seminar is to provide qualified NPPO candidates (who have achieved their NPPO certificate within the last THREE years) with the necessary technical updates on pool plant, water treatment and health and safety practices, to bring their knowledge back up to date. In doing so they will retain their registration on the RoPPPs register for a further three years. The register is designed to help employers and the industry identify those employees (and potential new employees) who have up to date technical knowledge of pool plant and water. To retain registration on the RoPPPs register operators will need to attend a RoPPPs Update Seminar within the THREE year period after completing an NPPO course.

- Legislation update
- Review of current disinfectants and chemicals being used.
- Case studies
- Review of Best Practices
- BSI Code of Practice PAS 39.2003.
- Agenda 21 Climate Change levy.
- Procedures for dealing with Cryptosporidium
- Balanced water - a review



WEIGHT TRAINING

British Weight Lifting Association (BWLA) – Level 1 Assistant Club Coach

This course is intended for those individuals who wish to learn the basic principles and development of weightlifting.

The course will include:

The teaching of the two classical lifts; the snatch and clean and jerk – fundamental weight training exercises – the BAWLA schools badge scheme – the BAWLA Safety Code of Practice

British Weight Lifting Association (BWLA) – Level 2 Club Coach Award (The BWLA Instructor Award)

This award allows coaches to give elementary instruction in weightlifting and weight training. It is a two part course each being of two days in duration. Part 2 must be attempted within two years of passing part 1, failure to do so will necessitate the taking of Part 1 again.

Course content for part 1 will include: Mechanics of lifting, Analysis of snatch and clean and jerk, Key coaching positions of the two lifts, Practice of the snatch and clean and jerk, Training plans, Principles of power development, Teaching and coaching practice, The BWLA Safety Code of Conduct.

Candidate assessment

A 2hr written paper on course material

Demonstration of the snatch, clean and jerk

Course content for part 2 will include: Bones of the skeleton, Major joints, Major muscle groups, Introduction to kinetics, Teaching sequence for exercises, Weight training schedules, Group and class teaching practice, The BWLA Safety Code of Practice.



SPORTS COACH UK COURSES

Sports Coach UK courses are for all coaches. The fact that workshops are available at two levels means that there is something for you if you are a beginner or an experienced coach and want to gain more knowledge in a particular coaching topic.

Minimum Operating Standards

Equity in your Coaching

Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation. This workshop will show you the best ways to make this a reality. Through practical advice you'll learn how to apply your existing skills and experience to make your coaching sessions more accessible.

Safeguarding & Protecting Children: A guide for Sportspeople

The Government's Every Child Matters: Change for Children strategy (2004) describes every organisation's responsibility to ensure that the children in its care are healthy, stay safe, enjoy and achieve. Every organisation that has involvement with children now has clear statutory duties to safeguard children's welfare. This workshop will help you to recognise and respond appropriately to issues of child abuse and protection. It will also give you the best-practice tools you need to ensure you're providing a positive and enriching sporting experience for children.

Safeguarding and Protecting Children: A reflection on Practice (To attend this workshop you must have already completed SP1)

You can now reinforce and strengthen your understanding every three years without repeating SPC 1. In this refresher session you will consolidate and update everything you have learnt in the first workshop (SPC1). Plus you will have the opportunity to share with others and learn from their experiences to help you create a positive, child-centred sporting environment.

How to Coach Disabled People in Sport

This workshop will answer your questions about coaching disabled sports participants. You'll gain the confidence and understanding to make any appropriate adjustments to the ways in which you already work and become a more effective coach in meeting the needs of disabled sportspeople.

Inclusion and Diversity

Coaching Disabled Performers

Do you already have previous experience of coaching disabled performers? If so, this workshop is perfect for you to extend your current coaching skills. It's also an excellent opportunity to share your opinions with other coaches, learn from each other and gain additional knowledge and confidence. This workshop will help you to identify how you might need to adjust your coaching practice to meet the specific needs of sportspeople of different abilities.

Planning and Child Development

Coaching Children and Young People

After just three hours, you'll be able to plan and deliver engaging sessions that will maximise young participants' learning and enjoyment. You'll learn all the key information about children's physical growth, social and emotional development and early skill learning. Not only that, but you'll also pick up plenty of useful, best-practice advice on adapting your coaching style to a child's individual needs at the different stages of his or her development.

Planning and Periodisation

Help your athletes reach peak performance at exactly the right time. By attending this workshop you'll know how to assess the needs of different age groups and abilities – and plan the most appropriate sports programmes for them. Your tutor will take you through the different methods of assessing athletes' needs and performance so you'll have a thorough understanding of how to create and amend the most effective plans, set goals for performers and monitor their progress effectively.

Coaching the Whole Child: Positive Development through Sport

Do you coach children up to 12 years of age? If so, this is an exciting chance for you to reconsider the emphasis of your coaching and enhance the experience of your young participants in the process. If you, as a coach, truly believe in, and are committed to developing children both in and through sport then this is the workshop for you! Crucially you'll learn how to incorporate positive youth development into your sessions as a coaching outcome, so you can empower young people through sport and help them realise their full potential

Coaching the Young Developing Performer

When you're training growing youngsters, regardless of age and ability, you need to know exactly where their bodies are at in terms of development – especially during puberty. In this workshop, you'll learn the skills you need to assess the needs and skills of budding performers of both genders and monitor their individual biological markers to help you develop realistic coaching programmes that produce results.

Introduction to Long Term Athlete Development

This workshop is aimed at coaches to enable them to understand the key concepts of the LTAD model and its practical applications. As well as general theory this workshop describes how to identify and develop talented athletes, including maximising a performer's ability, achievements and commitment to sport through integration of the LTAD approach.

Multi-Skill Club Induction

This practical workshop combines the 'Multi-skill Clubs in Practice' and An Introduction to the FUNdamentals of Movement' workshops and is designed to help participants integrate the ABCs into Multi-skill Club sessions. It will give participants the opportunity to develop their ideas with other and share good practice.

Multi-Skill Clubs in Practice

This practical workshop is designed to help participants integrate the ABCs into Multi-skill Club sessions. It will give delegates the opportunity to develop ideas with others and share good practice.

Multi-Skill Inclusion

This workshop has been developed to provide Multi-skill coaches with additional skills to include a wider range of young participants, particularly young disabled participants, in their sessions.

FUNdamentals of Movement

An Introduction to the FUNdamentals of Movement

This practical workshop is for you if you want to help children to master the fundamental techniques of movement in a fun and progressive way – from stability to rhythm and from acceleration to jumping and kicking – then this workshop's definitely for you! You'll come away with an understanding of the concepts of agility, balance and coordination as well as appreciating the importance of play, fun and enjoyment in sport.

Fundamentals of Agility

This workshop builds upon the 'An Introduction to the FUNdamentals of Movement' workshop. With both under your belt, you'll gain a solid, detailed understanding of the principles of fundamentals and, specifically, agility. You'll learn how to apply fundamentals techniques practically, using sport-specific guidance to improve movement skills.

Fundamentals of Balance

This workshop builds upon the 'An Introduction to the FUNdamentals of Movement' workshop, sharpening your observational skills and ensuring you fully understand this key generic skill that underpins the majority of sports. Develop the techniques you need to accelerate the development of children's balance, whether in a specific sport or in multi-skill activities, by attending this workshop.

Fundamentals of Coordination

By attending this workshop you'll build upon what you learnt in the 'An Introduction to the FUNdamentals of Movement' workshop. Not only will you have honed your observational skills and gained an excellent working knowledge of the principles of coordination, you'll also have a raft of practical solutions to accelerate its development in children and ensure they reach their potential.

Coaching Craft

Analysing your Coaching

Have you ever taken the time to ask yourself what your strengths are and in which areas you need to improve? Hold up a mirror to your coaching style in this illuminating workshop. By the end, you'll have identified your strengths and weaknesses in different coaching situations and you'll have worked out an action plan to take your skills to the next level.

Positive Behaviour Management in Sport

If you work with young people in a school or club environment, this workshop's for you! You'll get a much better handle on young people's behaviour – plus you'll find out just how your behaviour impacts on them. From there on in, you'll learn how to create a positive coaching environment and have all the strategies you need to help you deal with challenging behaviour.

A Guide to Mentoring Sports Coaches

Are you a sports coach mentor? If so, you'll get all the tools you need to develop your skills to the next level. Learn how to design a mentoring programme that will support your coaches' learning and increase the effectiveness of your involvement. It's also an excellent opportunity to share your opinions, learn from other coach mentors and gain a fresh perspective on different approaches to mentoring.



100% Me Workshop

This interactive workshop is aimed at all sports people, coaches, instructors, volunteers and teachers.

UK Sports athlete centred campaign aims to increase understanding of drug free sport amongst the whole sporting community through providing timely, relevant and up to date information on anti doping, and focusing attention on the attitudes and values for a sportsman or sportswoman to believe they have the ability to compete, and win drug free.



CONTACT NUMBERS – Conwy Specific

SPORT	TITLE	CONTACT DETAILS
Coleg Llandrillo Sports Centre	Coaching Development Officer	01492 546666, ext 454.
Leisure/Sports Development	Leisure Development Officer	01492 575557
Cricket	North Wales Cricket Development Officer	07841 235469
Disability Sports	Disability Sports Officer	01492 575575
Dragon Sport	Dragon Sport Co-ordinator	01492 575093
Football	Football Development Officer	01492 575558
Golf	North Wales Golf Development Officer	07968 453870
Outdoor Sports	Outdoor Activity Development Officer	01492 643273 07733 012997
Rugby	North Wales Divisional coach Development Manager	07795 616579
Squash	North Wales Squash Development Officer	01492 542347 (Coleg Llandrillo)
Swimming	Aquatic Development Officer	01492 575563/64
Sports Wales	North Wales Office Deeside	0845 0450908
Tennis	Tennis Development Officer	01492 535844
Water Sports (Sailing, kayak/canoe, windsurfing etc)	Plas Menai, National Watersports Centre	01248 670964

Angling	Federation of Welsh Anglers	www.fed-welshanglers.co.uk
Angling	Federation of Coarse Anglers	www.welshfederationofcourseanglers2009.co.uk
Angling	Welsh Federation of Sea Anglers	www.wfsa.org.uk/
Angling	Welsh Salmon & Trout Angling Association	www.wstaa.org/
Archery	Welsh Archery Association	www.welsharcheryassociation.co.uk/
Athletics	Welsh Athletics	www.welshathletics.org/
Badminton	Welsh Badminton Union	www.welshbadminton.net/
Baseball	Welsh Baseball Union	www.welshbaseball.co.uk/index.htm
Basketball	Basketball Association of Wales	www.basketballwales.com/index.htm
Bowls	Welsh Bowls Federation	www.welshbowlsfederation.org.uk/home.php
Bowls	Welsh Bowling Association	www.welshbowlingassociation.co.uk/
Bowls	Welsh Women's Bowling Association	www.welshwomensbowling.co.uk/
Bowls	Welsh Ladies Indoor Bowling Association	www.wliba.com/
Bowls	Welsh Crown Green Bowls Association	www.wcgba.com/
Canoeing	Canoe Wales	www.welsh-canoeing.org.uk
Caving	Cambrian Caving Council	www.cambriancavingcouncil.org.uk/
Cricket	Cricket Board of Wales	www.cbw.org.uk/
Cricket	Welsh Cricket Association	www.welshcricket.org/
Curling	Welsh Curling Association	www.welshcurling.org.uk/
Cycling	Welsh Cycling Union	www.britishcycling.org.uk
Disability	Federation Disability Sport Wales	www.fdsww.org.uk/
Equestrian (UK)	British Equestrian Federation	www.bef.co.uk/About_the_BEF/Member_Bodies.html
Fencing	Welsh Fencing	www.welshfencing.org/
Football	Football Association of Wales	www.faw.org.uk/
Football Trust	Welsh Football Trust	www.welshfootballtrust.org.uk/
Golf	Golf Union of Wales	www.golfunionwales.org/
Hockey	Welsh Hockey Union	www.welsh-hockey.co.uk/
Gymnastics	Welsh Gymnastics	www.welshgymnastics.org
Ice Skating	Welsh Ice Skating Association	www.iceskating.org.uk/Wales
Judo	Welsh Judo Association	www.welshjudo.com/
Karate	Welsh Karate Governing Body	www.welshkarate.org/
Lacrosse	Welsh Lacrosse Association	www.lacrossewales.com/

Motor Sports	Welsh Association of Motor Clubs	www.wamcweb.com/
Netball	Welsh Netball Association	www.welshnetball.co.uk/
Orienteering	Welsh Orienteering Association	www.woa.org.uk/
Petanque	Welsh Petanque Association	www.welshpetanque.org.uk/
Pool	Welsh Pool Association	www.welsh8ball.com/
Rowing	Welsh Amateur Rowing Association	www.welshrowing.com/
Rugby League	Wales Rugby League	www.walesrugbyleague.co.uk/
Rugby Union	Wales Rugby Union	www.wru.co.uk/
Sailing	Welsh Yachting Association	www.welshsailing.org/Pages/default.aspx
Shooting	Welsh Target Shooting Association	www.wtsf.org.uk/
Shooting	Welsh Clay Target Shooting Association	www.wctsa.co.uk/
Skiing	Snowsport Cymru/Wales	www.snowsportwales.net/
Snooker	Welsh Billiards & Snooker Association	www.wbsasnookercoaching.co.uk/
Squash	Squash Wales	www.squashwales.co.uk/
Sub Aqua	Welsh Association of Sub Aqua Clubs	www.wasac.co.uk/
Surfing	Welsh Surfing Federation	www.welshsurfingfederation.org.uk/
Surf Life Saving	Surf Life Saving Association (Wales)	www.slsawales.org/
Swimming	Swim Wales	www.welshasa.co.uk/
Table Tennis	Table Tennis Association of Wales	www.ttaw.co.uk/
Tennis	Tennis Wales	www.tennis.wales.org/new/menu.htm
Triathlon	Welsh Triathlon	www.welshtriathlon.com
Volleyball	Welsh Volley Ball Association	www.volleyballwales.org