

British Sambo Federation Coaching Awards

The British Sambo Federation (BSF) has introduced this programme to assess the technical ability and progress of coaches in the UK. These standards have been used to form the basis of coaching qualifications and are consistent with the UK Coaching Framework and UK Coaching Model. The standards also tie in with the UK Coaching Certificate qualification guidance.

**How to Get Started**

Quality coaching from passionate and knowledgeable Sambo coaches are vital to delivering high quality and enjoyable sessions for everyone who participates in the sport.

Coaching covers a wide range of roles and levels, from supporting coaches at your local club through to leading the national squad at the World Championships. All levels offer a fun and fulfilling experience where you can pass on your knowledge to help others progress.

**What does Coaching involve?**

Coaching can start from assisting and supervising activities on the mat at your local club through to sitting in the coach’s chair at a major international tournament. Whatever level you are at you’ll be hands-on and will be passing on your knowledge to a range of participants.

**Who does the role suit?**

Coaching roles are suited to those people who want to volunteer on a regular basis.

They are ideal for existing club members and parents who want to get more involved with a few spare hours each week.

The BSF offer a range of different coaching qualifications for individuals that wish to develop their coaching knowledge and skills.

**What skills are required for being a Coach?**

Coaching requires a certain level of grappling skills and knowledge of the sport. Coaches also need to be patient with good communication skills and an ability to adapt their teaching style to a range of different individuals.

**How can I get involved in Coaching?**

If you already attend a club and want to get involved speak to your coach to find out what opportunities are available at your club and how you can help out.

**Becoming a Licensed Coach**

The BSF is committed to including learning at the heart of its coach education programme and has put in place a system that encourages coaches to grow and develop their knowledge and skills.

**Level 1 – Assistant Club Coach**: Aimed at those starting out in Sambo coaching, it enables you to assist other coaches in delivering sessions.

**Level 2 – Club Coach**: Provides participants with the knowledge required to coach sessions unsupervised at club level.

**Level 3 – County Coach**: For coaches who are going to lead coaching programmes in clubs at county level, enabling them to coach players at all levels.

**Level 4 – Regional Coach**: For coaches who are going to design, implement, evaluate and lead programmes at regional level

**Level 5 – National Coach:** For national and international team coaches. Enables them to design, implement and evaluate the processes and outcomes of long-term, high level coaching programmes.

**Level 6 - British Sambo Federation Master of Sambo**: For leaders who have the authority and responsibility for developing and implementing a coaching and mentoring strategy across the organisation.

When a coach has qualified, they will be required to have in place the following to gain their full BSF coaching licence

* Full current Membership of an Association affiliated to the BSF
* Completed the Safeguarding - Online safeguarding course: <https://www.protrainings.eu/en/courses/90-safeguarding-of-children-child-protection>
* Completed the First Aid – Online First Aid course: [www.protrainings.eu/en/courses/432-first-aid-for-martial-arts-instructors?search\_term=first+aid+martial+arts](http://www.protrainings.eu/en/courses/432-first-aid-for-martial-arts-instructors?search_term=first+aid+martial+arts)
* Committed to appropriate the BSF code of conduct and relevant policies

Once the candidate receives their license, they will be required to attend an area, regional or national refresher course once a year and must recertify every three years to maintain their license.

All coaches and clubs must have a minimum of £5.000.00 public liability insurance, a copy of which must be sent to the BSF before a license is issued.

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**Level 1 – Assistant Club Coach**

The BSF Level 1 Assistant Club Coach award is the starting point for your coaching journey in Sambo.

If you are new to coaching, have limited coaching knowledge or want to get more involved in your club, then this is the course for you.

The learning programme and assessment for the BSF Level 1 is run over one day where the learning programme is delivered and one day of assessment. It focuses on the ‘how to coach skills’ using practical technical examples (where relevant) to apply these skills; basic technical principles of Sambo; health and safety; and basic Sambo rules.

On successful completion of this course candidates will receive a British Sambo Federation Level 1 coaching award and will be equipped to work alongside a BSF Level 2 or BSF Level 3 Sambo coach during club or other relevant coaching sessions. Once they have turned 18 years of age, a BSF Level 1 coach may, upon the discretion of a Level 2 or Level 3 coach, also work independently under supervision.

**What do you need before you can sign up?**

* Be at least 16 years of age
* Be a member of a current Association affiliated to the BSF
* Have a good knowledge of the BSF syllabus
* Be able to communicate effectively in English (listening, speaking, reading and writing)

**Course details**

Candidates are required to complete a Portfolio Tasks within four weeks of their assessment. These tasks include:

* Four session plans (minimum of two session plans to be completed before assessment day)
* Health and Safety task – facility check and basic first aid
* Safeguarding and Protecting Children
* Contest Rules

The final assessment day is held at least 4 weeks but must be within six months after the initial course.

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**Level 2 – Club Coach**

This course aims to provide candidates with an introduction to the processes and principles of coaching sambo to adults and children

On successful completion of this course candidates will receive a BSF Level 2 coaching award and will be equipped to deliver sessions independently and work alongside a BSF Level 3 coach during club or county coaching sessions. BSF Level 2 coaches can set up their own sambo club(s).

**What do you need before you can sign up?**

* Be over 18 years of age
* Be a member of a current Association affiliated to the BSF
* It is recommended that candidates hold a BSF Level 1 coaching award
* Be able to communicate effectively in English (listening, speaking, reading and writing)

**Course details**

Candidates are required to complete Portfolio Tasks within four weeks of their assessment. These tasks include:

1. Understanding the Fundamentals of Coaching Sport
2. Understanding how to Develop Participants through Coaching Sport
3. Supporting Participants’ Lifestyle through Coaching Sport
4. Understanding the Principles of Safe and Equitable Coaching Practice
5. Plan a Series of Sambo Coaching Sessions
6. Prepare the Sambo Coaching Environment
7. Deliver a Series of Sambo Coaching Sessions
8. Monitor and Evaluate Sambo Coaching Sessions

The final assessment day is held approximately 8 weeks and within six months after the initial learning programme has finished.



**Level 3 – County Coach**

The BSF Level 3 Award in Coaching Performance for Sambo looks at further developing coaches who are actively working across multiple recreational and/or performance environments with both children or adults. This award builds upon the BSF Level 2 Club Coach award, providing an advanced level of knowledge for senior coaches.

The course aims to enable candidates to create an effective coaching environment, establish supportive working relationships and manage the behaviour of participants and others.

If you are already a qualified BSF Level 2 coach and are looking to develop your knowledge and skills to deliver a holistic training programme at your club and county level, then this is the course for you.

On successful completion of this course candidates will receive a BSF Level 3 coaching award and will be equipped to deliver:

* Coach all levels of Sambo activity
* Grade up to and including brown belt
* Open and run a Sambo club
* Act as referee, tournament director/technical official for county competitions
* Run Level 1 and Level 2 coaching courses

**What do you need before you can sign up?**

* Be at least 20 years of age
* Be a member of a current Association affiliated to the BSF
* Must have competed at national level.
* It is recommended that candidates hold a BSF coaching award
* Be able to communicate effectively in English (listening, speaking, reading and writing)

**Course details**

This programme is based on planning an annual programme which focuses on the holistic approach to training. Candidates will work through the following mandatory units as part of this course:

1. Plan, deliver, monitor and evaluate Coaching Programmes
2. Understand the Principles of Planning and Managing Safe and Effective Coaching Programmes
3. Analyse and develop player(s) Performance and set Programme goals