

# ABORIGINAL COACHING MODULE (ACM)



**INFORMATION PACKAGE**

The **Aboriginal Coaching Module (ACM)** is an essential resource to those that work with, coach, and/or supervise Indigenous people in physical activity, recreation, and sporting activities. This one-day workshop will provide a greater understanding of coaching through an Indigenous lens, and is designed to motivate, inspire, and lead Indigenous people in sport, physical activity, and recreation.

The ACM was developed as a supplement to the National Coaching Certification Program (NCCP). ACM learning objectives:

- Understanding the role of sport in Indigenous Communities
- Understanding and positively influencing the community in which you coach
- Coaching the whole person; coaching beyond the physical to include the mental (emotional and intellectual), spiritual and cultural
- Responding to racism in sport
- Establishing a code of behaviour for your team that reflects differences and that addresses racism
- Helping those you coach make healthy lifestyle choices.

Module Outline		
Module 1: A Holistic Approach to Coaching	Module 2: Dealing with Racism in Sport	Module 3: Individual & Community Health & Wellness
<p>Session objectives:</p> <ul style="list-style-type: none"> <li>• Develop an awareness of the important role sport can play in Indigenous communities</li> <li>• Develop an understanding of the holistic approach to coaching</li> <li>• Develop an understanding of the importance of values in Indigenous communities</li> </ul>	<p>Session objective:</p> <ul style="list-style-type: none"> <li>• Develop an understanding of how to deal with situations where racism is present</li> </ul>	<p>Session objectives:</p> <ul style="list-style-type: none"> <li>• Develop an approach for working with the community and the family that can have a positive effect on health and wellness</li> <li>• Develop and understanding of the determining factors of the health issues facing Indigenous peoples and communities</li> </ul>

## Cost Considerations (Host Responsibility)

Item	Amount	Notes
Learning Facilitator (LF) Fee	\$400	Every NCCP workshop, including the ACM, is led by a certified LF who has completed a training process and certification.
LF Travel	Varies	ISCA will do our best to assign the closest available LF, however, sometimes travel is required. Personal mileage is \$0.55/km.
LF Travel Fees	Varies	1-3 hrs of travel: \$50; 3-6 hrs of travel: \$100; 6+ hrs of travel: \$200 (each way); these costs are added to the LF Fee to support them on travel days.
LF Accommodations	Varies	If the LF must travel to the ACM location, 1 or 2 night hotel stays may be required. Average cost is \$150.00/night.
Course Materials	\$25 / participant	This cost includes Coach Workbook, Reference Materials, Certificate and Facilitator Supplies such as markers/flip chart paper.
Food	Varies	If desired, lunch and snacks are to be provided for participants by the host.
Facility / Venue	Varies	It is recommended to find a venue at minimal or no cost.
Elder / Knowledge Keeper	Varies ~\$300	It is recommended to have an Elder / Knowledge Keeper attend in the morning to do an opening.

The average ACM cost is around \$1500.00. ACM cost is subject to change due to participant numbers, LF availability & travel and venue costs.

#### Details Needed Upon ACM Host Request

- Main Contact Info
  - Name, Email Address, Phone Number, Job Title/Position within the Community or Organization
- Potential ACM Delivery Dates (preferred and secondary dates)
- Host Name/Organization/Community
- Potential Venue & Host Location
- Questions/Concerns/Preferences
- Expected Participant Numbers

#### ACM DELIVERY LOGISTICS

**Course Time:** The ACM requires 9 hours for delivery and certification. This includes an opening/introductions and completion of 3 modules with additional breaks and lunch.

**Registration:** The ACM runs with a maximum number of 20 participants. This number can vary depending on the group, room size and facilitator. It is recommended that all participants are over the age of 16 as their certification won't appear in the locker until they are 16 years of age. Each participant is required to have an NCCP number through [thelocker.coach.ca](http://thelocker.coach.ca)

**Attire:** Dress comfortable enough to be sitting, standing and moving around for activities

**Food/Drink:** If the host has not decided/budgeted to have lunch and snacks provided then participants should be advised to bring their own lunch and snacks for the day. A lunch break will be given for participants.

**Venue:** A classroom / board room sized room with enough space for 20 participants to be seated and also have room to move around for interactive activities and small group work is needed, as well, access to wall space for posting flip chart papers. Access to a projector/smart board/television screen is needed for presenting. If unavailable, please let ISCA and/or the LF know in advanced. The host representative is responsible for opening and closing the space, as well as ensuring that the LF has all the required space/equipment available.



## **Coach Course Requirement - North American Indigenous Games**

The Aboriginal Coaching Module (ACM) is a mandatory course for all Team Alberta coaches attending the North American Indigenous Games (NAIG).

## **NCCP Accredited Course**

Designed to complement the NCCP certification process, the ACM is a professional development training tool for all coaches who coach Indigenous athletes.

Participants receive a completion certificate and accreditation in the locker. The ACM is an NCCP recognized course that doesn't expire or have to be renewed.

**If you would like to bring the Aboriginal Coaching Module to your Community or Organization, please prepare your request details and contact:**

**Kyra Buchan**

**ISCA Program Coordinator / Team Alberta NAIG**

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**[www.isportalberta.com](http://www.isportalberta.com)**