



# LEVEL 1 ASSISTANT COACH LOGBOOK



Name:

# WELCOME TO YOUR LEVEL 1 ASSISTANT COACH LOGBOOK

Becoming a volunteer coach is one of the most rewarding roles you can do as part of your club's community.

## HOW TO USE THIS LOGBOOK

The Logbook is your record of progress and coaching achievement. It will enable you to see your development as a coach with clear targets.

As you complete each objective, your club's Level 2 Lead Coach will mark each part of the 'Coaching Evidence' section to show you have achieved progression through your coaching journey. Once you have taken part in the face-to-face course, completed 10 hours of coaching and completed this logbook you will become an SLSGB Level 1 Assistant Coach.

SLSGB Level 1 Assistant Coach <b>Face – to - Face Course Modules</b>	Date	Level 2 Coach Initials
Level 1 Coaches Remit		
Coaching Performance		
Safety And Welfare		
Preparing Participants for Sessions		
Policies For Coaches		
Safeguarding		
Coaching SLSGB Awards		

SLSGB Level 1 Assistant Coach <b>Coaching Evidence</b>	Date	Level 2 Coach Initials
I have completed my Safeguarding and Duty of Care Myagi Assessment Tests		
I am aware of my Club Safeguarding Officers and how to contact them		
I have read and I understand the clubs LOP and EAP		
I understand and apply the essential priorities of Safeguarding		
I know how to report a first aid incident		
I have been shown and understand a SLSGB Analytical Risk Assessment		
I understand the purpose of a Session Safety Plan and have participated in delivering a part of that plan		
I understand the purpose of a Coaching Session Plan and have participated in a delivering a part of that plan		
I understand the SLSGB Award Pathways		
I have demonstrated how to prepare participants for sessions		
I have demonstrated the use of positive constructive feedback to participants which has helped them to improve		
I have demonstrated appropriate ways of communication to participants in various conditions		
I have positively influenced participant behavioural change		
I have successfully identified potential hazards during an activity and put in control measures		
I confirm that the candidate named in this Logbook has successfully completed all the Coaching Evidence and I have marked off their award on the SLSGB membership system.		
<b>Coach Name:</b>  .....	<b>Signature:</b>  .....	<b>Date:</b>  .....

# CONGRATULATIONS!

## You are now a SLSGB Level 1 Assistant Coach

Following are some optional discipline specific modules for you to continue your CPD as a SLSGB Level 1 Assistant Coach.

The discipline specific modules are designed to highlight basic objectives you will gain knowledge of on your coaching journey through being mentored by other coaches and self-initiated research. Each objective is subjective to the age groups you coach within our club.

Optional Modules		
Pool	Date	Level 2 Coach Initials
I have basic knowledge on SLSGB pool equipment		
I have basic knowledge on streamline position		
I have basic knowledge on manikin carry technique		
I have basic knowledge on clipping and towing a manikin with a rescue tube		
I have basic knowledge on diving with fins		
I have basic knowledge on diving with a tube		
I have basic knowledge on competition events		

<b>Optional Modules</b>		
<b>Swim</b>	<b>Date</b>	<b>Level 2 Coach Initials</b>
I have basic knowledge on effective wading		
I have basic knowledge on effective dolphin dives		
I have basic knowledge on effective duck dives		
I have basic knowledge on ocean swimming techniques		
I have basic knowledge of sighting techniques whilst swimming		
I have basic knowledge on effective bodysurfing		
<b>Board</b>	<b>Date</b>	<b>Level 2 Coach Initials</b>
I have basic knowledge on carrying a board		
I have basic knowledge on bunny hopping		
I have basic knowledge on prone technique		
I have basic knowledge on kneeling technique		
I have basic knowledge on correct paddling position		
I have basic knowledge on technique of popping a wave		
I have basic knowledge on technique of rolling a wave		
I have basic knowledge on technique of catching a wave		
I have basic knowledge of storing equipment correctly		
I can recognise hazards on a board and communicate them effectively		

## Optional Modules

Ski	Date	Level 2 Coach Initials
I have basic knowledge of a jump start		
I have basic knowledge on rolling a ski in surf		
I have basic knowledge on deep water mounting		
I have basic knowledge on paddling technique		
I have basic knowledge of turning a ski		
I have basic knowledge on catching a wave and keeping the ski straight		
I have basic knowledge of keeping control of a ski whilst slewing		
I have basic knowledge of storing equipment correctly		
I can recognise hazards on a ski and communicate them effectively		
Beach	Date	Level 2 Coach Initials
I have basic knowledge on the sprint start		
I have basic knowledge on sprinting technique		
I have basic knowledge on correct starting position in flags		
I have basic knowledge on the pop-up		
I have basic knowledge on the flag dive		
I have basic knowledge on flag competition rules		
I have basic knowledge on the beach relay changeover technique		