



WORLD OCR COACH DEVELOPMENT PROGRAMME

LEVEL 1 COACH CERTIFICATION

This document is a summary of the qualification for delivering level 1 coaching courses. Coach development is under the auspices of the World OCR Development Committee

World OCR LEVEL 1 COACHING CERTIFICATION

Introduction

Obstacle Sports Coaches play an important role in developing the sport at every level around the world. The World OCR Coach Development Programme is aimed at increasing participation and guiding athletes of all abilities to fulfil their potential. In addition to their core coaching role, it is this workforce that influences an individual's personal development by educating them on ethics, beliefs, fair play, and values, through quality coach-athlete partnerships from grassroots participation to elite performance.

Coaching contribute to social agendas by promoting physical activity, health and generating economic activity through employment, education, purchase of equipment, use of facilities and attendance at events.

Coaching is a powerful catalyst for change with societies & economies around the world and effective, high quality coaching develops, sustains and increases participation and performance in obstacle sports. The welfare of athletes is the foremost concern to coaches in designing, implementing and evaluating practices and competitions.

Obstacle Sports Coaches work with diverse populations and face demands from their athletes, parent's, guardians, administrators and spectators. They fulfil a variety of roles including mentor, educator, technical advisor, psychologist and business manager.

The development of competent and effective coaches is critical for the development of obstacle sports and its athletes. The World OCR Coach Education Programme has five key objectives:

- To grow and develop the sport globally by making coach education accessible to all National Member Federations (NF's), thereby providing athletes with the opportunity of working with coaches with the education to suit their needs;
- Providing a framework for coach education and development for NF's to develop obstacle sports in their country by developing athletes through competent and effective coaches from grassroots coaching to high performance sport;
- Providing a coach development system from grassroots coaching to high performance coaching, providing tools to increase coach's competence and effectiveness by international standards,
- To provide a mechanism by which coaches from all NFs can progress along the coaching pathway,
- Quality assurance by providing standards in a flexible framework.

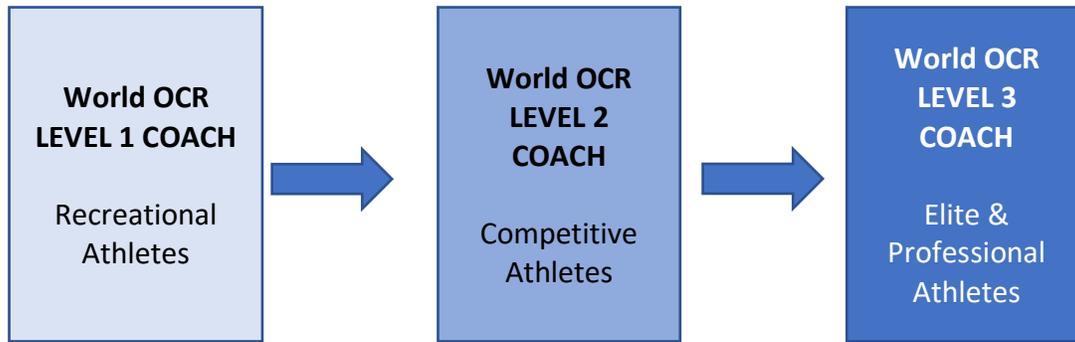
The World OCR Coach Education Programme is designed to ensure all elements remain relevant and capable of producing effective, top quality coaches globally who meet the needs of athletes at all stages of development and assist them to perform to their potential.

World OCR Coach Education System

The World OCR Coach Development Programme allows coaches to progress through the coaching system. There are a variety of entry points for coaches, depending on a coaches' existing knowledge, experience, ability and qualifications.

The World OCR Coach Education Programme is comprised of three Coaching Certifications:

- *World OCR Level 1 Obstacle Sports Coach: Recreational / Club Level Coach*
- *World OCR Level 2 Obstacle Sports Coach: Performance Coach (competitive athletes)*
- *World OCR Level 3 Obstacle Sports Coach: High Performance Coach (elite & professional athletes)*



World OCR Coach Development Programmes

World OCR Level 1 Obstacle Sports Coach

Level 1 Coaches will be able to deliver coaching to groups of athletes without supervision. Coaches at this level may fulfil the role of a coaching assistant to a more senior and qualified coach. NF's determine their role, provided they operate within their level of expertise and experience.

World OCR Level 2 Obstacle Sports Coach

Develops the coach's knowledge and skills and introduces sports science and obstacle sports-specific planning and preparation for and evaluation of athletes across all disciplines and age groups.

World OCR Level 3 Obstacle Sports Coach

Integrates sport sciences with obstacle sports-specific planning and preparation for and evaluation of athletes preparing for national and international competition.

Some individuals can by-pass Level 1 coach certification. These coaches will have the skills, knowledge, qualifications and experience to enter the Level 2 programme.

If an individual is eligible to bypass Level 1, the World OCR Development Committee will assess their application.

Level 1 Certification Overview

This qualification is an introduction to coaching obstacle sports. It provides the principles and practices of safe and ethical coaching of obstacle sports sessions to youth, junior and adult recreational athletes and groups.

The World OCR coaching system is a competency based programme, where coaches are taught, supported and assessed to ensure they are competent to hold the qualification. This system focuses on knowledge, skills and how to deliver them to students.

World OCR courses maximize candidate involvement through group activities, discussions, personal reflections and practical application.

The general format of World OCR coach development is academic, classroom modules, followed by hands on application of each module. This provides the link between theory and applied coaching practice. The instructor becomes a guide who integrates the knowledge and experience of the coaches with the course content.

This system explains learning outcomes at the start of each programme and coaches are expected to meet these at the conclusion of the programme. Not all outcomes are evaluated at each level, but they are present in all courses

Level 1 Roles

World OCR Level 1 coaches will be able to deliver obstacle sports sessions to groups of recreational athletes without supervision. Coaches at this level may fulfil the role of a coaching assistant to a more senior coach, however their training and qualification allows them to coach independently.

Level 1 coaches should have a sound understanding of the technical aspects of the sport, including rules and regulations, introduction to basic sport science related topics, such as sport nutrition, physiology, and Periodization and have a solid understanding of good coaching practice.

Guidelines for Coach Selection

Pre-requisites, commitment requirements and recommendations:

- Be at least 18 years of age at the start of the course programme.
- Demonstrate a high level of spoken and written skills in the language in which the course will be delivered.
- A strong desire in being an Obstacle Sports Coach.
- Complete all required assessments.
- Receive ongoing support from the relevant National Federation.
- Coaches should have comprehensive insurance cover while conducting independent coaching practice.
- A commitment to helping and supporting others.
- Attend 100% of the course.
- Fulfil the roles and responsibilities expected as a World OCR Level 1 Obstacle Sports Coach
- Agree to abide by the World OCR Code of Ethics.
- Complete pre-course work.

Course Size

Courses should not exceed 20 people if taught by one coach. For courses between 20 And 40 people, a second coach should be employed. Courses with over 40 people are not recommended.

Pre-course

- Students will be issued with a password and username at registration.
- Complete pre-course reading material.
 - Read and understand the World OCR Safe Sport Guidelines, available for download at <https://worldocr.org/safe-sport>
 -
- Recommended reading:
 - Running Rewired by Jay Dicharry
 - The Big Book of Endurance Training and Racing by Phil Maffetone
 - The Real Meal Revolution by Tim Noakes
 - Knaack Weight Training for Women by Leah Garcia

On course

- Complete all days of the course
- Contribute and fully to support the instructor(s) and fellow students
- Complete all tasks and assignments

Instructor - Student Ratio

To ensure an effective learning environment, one (1) qualified instructor for a maximum of nine (9) students is recommended (1:9 ratio). A higher ratio may be effective for very experienced instructors.

Flexible Delivery & Assessment

World OCR is committed to providing flexibility in the delivery and assessment of the Coach Education Programme. The goal is to provide access and equity for coaches from non-English speaking backgrounds, with specific needs, disabilities, or from remote/rural areas.

Wherever possible, a range of delivery options will be available for the Programme. This may include: face-to-face workshops, on-the-job learning, on-line learning, workbooks and mentored coaching.

Flexible assessment practices may include:

- Using oral instead of written information as needed;
- Using video for assessment where necessary, for example, for a coach in a remote area;
- Consideration for request for flexibility to ensure fairness and integrity of the assessment process.

Assessment

Students may be required to complete home study, practical sessions (on course) and written, oral and /or practical examination(s.)

The World OCR Level 1 Coaching Certification requires candidates to undergo formal assessment to validate they meet the qualification requirements. Students will be assessed by a World OCR instructor. The following methods will be used to assess students during their achievement of the qualification:

- Oral questioning (when appropriate),
- Observation of the delivery of an Obstacle Sports Coaching session,
- On-line tasks and activities.

Re-assessment Procedures

World OCR Instructors will support students in their assessment if they do not meet all required criteria. Students will fail the course if they fail to demonstrate proficiency in delivering required knowledge and skills. Students who are unsuccessful in any aspect of the assessment will be offered opportunity for reassessment.

Reassessments may be via live or recorded video or attendance on Level 1 course assessment day. The student coach may be required to pay a re-assessment fee, to be determined based on the method for re-assessment and the involvement of a World OCR Instructor conducting the re-assessment.

Level 1 Course Learning Outcomes

Learning outcomes are specific *skills and behaviours*, together with the conditions under which these should be performed, to the proscribed standard. Confirmation of these learning outcomes may include practical assessments, written tasks and verbal assessments.

On completion of the World OCR Level 1 Coaching Certification, students should be able to:

- Describe obstacle sports, disciplines and events.
- Establish and maintain an effective, fair and equitable coaching environment, irrespective of gender, religion, disability or sexual orientation.

- Outline the roles and responsibilities of the Level 1 Obstacle Sports Coach.
- Understand the principles of coaching.
- Promote and establish working relationships and high standards of behaviour with athletes, coaches, parents, volunteers and race officials.
- Prepare sessions that support physical literacy, skill development and fitness, and contribute to the overall health and well-being of all participants.
- Describe and apply the fundamental principles of periodization to coaching programmes
- Prepare facilities and equipment for coaching activities.
- Prepare participants for coaching activities.
- Deliver sessions that give positive and enjoyable experiences to participants.
- Use effective verbal and non-verbal communication skills.
- Provide accurate demonstration of technique and skills for obstacle sports.
- Support a variety of different participants, by understanding their motivations and aspirations.
- Provide constructive feedback to participants.
- Demonstrate an ability to adapt sessions to meet the needs of the participants and the coaching environment.
- Describe fundamental principles of sports nutrition.
- Describe fundamental principles of physiology.
- Evaluate and critique coaching activities.
- Motivate and inspire people to take part in obstacle sports.
- Describe basic rules Obstacle Sports, regulations and racing formats.
- Operate in a professional manner in line with the World OCR Code of Ethics
- Identify the essential skills and techniques for obstacle sports.
- Safeguard and protect children and vulnerable adults, by understanding procedures for identifying abuse, exploitation and neglect and how to deal with these.
- Support the emotional health and wellbeing of participants through listening and respect, and by increasing their self-esteem and confidence.
- Demonstrate awareness and commitment to further personal development as a coach.

Certification & Re-validation

Course completion does not award a certification. Level 1 coaches must pass a written test, practical examination and have 100 hours of teaching experience.

Once a coach has passed their qualification, they are awarded a coach certificate which will be valid for one (1) year. In order to maintain their certification, coaches will be required to pass an annual re-validation written test and evaluation. An annual fee is required to maintain currency for all coaches.

Criteria of re-validation includes:

- Completing all assessment requirements for the World OCR coaching qualification.
- Proof of membership of a National Member Federation of World OCR or with the World OCR directly.
- Proof of insurance cover.
- Agree to operate in conformance with the World OCR Coach Code of Conduct and World OCR Code of Ethics and/ or their National Federation Code of Ethics.
- Comply with background and / or police checks, as required in their country / region.
- Pay the World OCR coach re-validation fee, as applicable.
- Demonstrate evidence of regular coaching practice.

APPENDIX: Level 1 Coach Certification Syllabus

Area	Topic	Knowledge and Understanding
Coach and Coaching Context	Context	<ul style="list-style-type: none"> • What are Obstacle sports? Event formats, history, racing structures & variations. • What is Obstacle Sports Coaching and where does it fit in the bigger picture of the development of obstacle sports.
	Professional Standards and Ethical Behaviour	<ul style="list-style-type: none"> • Coaching philosophy to include personal values, behaviours & attitudes • Roles of coach at this level • Understanding the Level 1 coach in the wider context of the World OCR coach education pathway. • Responsibilities of coaches (<i>to include</i>: motivation and enjoyment of the participants, promote good practice, duty of care and welfare of participants, minimise risk and promote safe practice, identify participants' motives, improve participants' performance, booking and obtaining equipment/facility, reporting injuries and illness, attendance/ non-attendance of participants), plus teaching lifelong lessons - respect & opportunity, fair play & sportsmanship, trust & teamwork, health & fitness, competition & success, fun & lifelong engagement • Open access and inclusive sessions; athlete-centred approach. • World OCR Coaches Code of Professional Practice • Anti-doping regulation awareness of procedures for where to direct participants for more information • Coaches Presentation - individual appearance, dress and participant support. • Appropriate dress & equipment for the coach in each environment. Equitable Practice & inclusive coaching • Understanding the environment and context in which they operate and what resources available/required.
Coaching environment	Understanding Competitors and Other Participants	<ul style="list-style-type: none"> • Types of participant they may be required to coach • Principles and Structure of Long-Term Athlete Development including: • Physical: male, female, child, youth, adult, veteran, Para-athletes, ability level, physical literacy, early vs. late specialisation, medical conditions, • Psychological: reasons for taking up obstacle sports - identify participants' motives, their limitations & aspirations, learning styles, stage of development and previous experience; • Others - parents, guardians, other coaches, support staff (physio/nutritionist, etc.), facility staff. • Participants' individual needs - physical, medical, and disability, behavioural, emotional, social, educational, and intellectual.
		<ul style="list-style-type: none"> • Methods to collect information - question and answer, written questions/ form, discussion. • Sources of information that a coach can use when planning and preparing coaching sessions. • Handling with personal Information - data protection (personal details, medical history), disclosure of information and facts.

Physical environment	Participant Safety and Wellness	<ul style="list-style-type: none"> • Selecting Suitable Venues facilities; technical equipment; human resources; environmental conditions, booking and obtaining equipment/facility. • Health and safety - National Federation's health and safety policies and procedures, normal operating procedures and guidelines for equipment assembly/ disassembly, reporting faults to a responsible person, adequate and safe storage; athlete welfare. • Producing and using risk assessment documentation and process. Risks - hazards - venue, surfaces, performance area, equipment, participants and others, dress and clothing. • Dealing with accidents & injuries • Role and behaviour of coach; identifying qualified assistance; offering comfort and reassurance; using correct organisational procedures; data protection and issues of confidentiality. • Emergency Action Plans (EAPs) emergency exits, fire drills, assembly points, medical support procedures. • Appropriate dress & equipment of participants and others incl. safety, comfort and practicality; specialist dress and equipment. • Protection of Children & Vulnerable Adults: common signs and indicators of abuse – physical, emotional, sexual, neglect, bullying. • NF specific Policies and procedures of dealing with and reporting abuse; full or partial disclosure; relevant legislation reporting injuries and illness, attendance/ non-attendance of participants. • Contingency plan or amending a session plan based on risk Reporting and recording accidents and injuries. • The importance of leaving the training environment clean and tidy for future users.
Course practices	Course Delivery and Content	<ul style="list-style-type: none"> • Introduction to the principles and practices of Periodization and basic training programme design • Introduction to the principles of training science • Select and plan activities that will help participants achieve their aims for skill acquisition • Plan activities for each session that will motivate participants and achieve their stated goals. • Information needed to plan a session. • Resources the coach might need to deliver a session. • Content of Sessions - required resources, aims and objectives, structure and content, timing and sequencing of activities, technical content, selecting and sourcing suitable, venues, activities and practices, support required for the delivery?
Delivery	Assessing and Organising Participants	<ul style="list-style-type: none"> • The process of starting an Obstacle Sports Coaching session, delivery of safe and effective activities - for starting and concluding sessions, punctuality and good time-keeping. • Assessing readiness to participate - things to ask & consider, assessing individual learning methods – kinaesthetic, visual and auditory. • Timing of interactions, stopping participants, dispersing participants. • Managing behaviour - ground rules, sanctions, time outs, individual discussions, disagreements, positive reinforcement • Organising & managing the group. • Methods readiness for participation – physical & mental.

		<ul style="list-style-type: none"> Assessing participants' stage of learning; practice methods; observation of practice; positive and constructive feedback.
	Delivering Coaching Activities	<ul style="list-style-type: none"> Coaching & Teaching Skills: The process for planning activities and coaching methods for each session that will motivate participants. Balance of coaching styles - coach led vs. participant led vs. individual and group. Understanding the range of coaching methods and selecting the most appropriate one for the group and activities. The importance of planning realistic timings, technical sequences, pace and duration of sessions. Delivering coaching sessions - appropriate and technically correct use of instruction, explanation, demonstration, observation, analysis, discussion, feedback (timing, purpose, methods to be used, positive and constructive, informative, two- way feedback) and questioning. Consideration of non-verbal methods - body language, activity cards, new technologies, whiteboards, use of other resources. Using session plans and when to refer participants whose needs you cannot meet to a competent person or agency. How to summarise and conclude a coaching session.
Evaluate	Evaluation and Review	<ul style="list-style-type: none"> How to Review feedback from athletes & others, (closed & open) question and answer, group discussion, use of previous evaluations, use of standard forms to record information; self-reflection. What to review – participants' performance, effectiveness of activities, coaching styles, communication, use of equipment and facilities, preparation for activities.
Technical Knowledge	Obstacles	<ul style="list-style-type: none"> Running for Obstacle sports Demands of the run: strength, endurance, speed, technique Selection of running clothing, shoes and training aids to improve running skills, fitness and performance, coaching equipment. Environmental conditions - surfaces, terrain, weather conditions (wind, weather and running surface). Running injuries & causes. Running Biomechanics: Posture /alignment of head, body, legs and feet, arm. Run movements support, drive, recovery, swing (lower body - upper body). Cadence (Stride rate) versus Stride length. Basic running drills to improve technique and efficiency, developing correct technique; identifying and correcting common faults. Posture drills (including relaxed posture), Co-ordination and movement drills. Cadence counting. Stride patterns, length, rate and rhythm, including pace control, force production drills. Running skills: Group running, including: control next to another runner, control surrounded by runners, changing position in a group. Pacing, Tactics. Rules and specific regulations for running in obstacle sports.
	Obstacles	<ul style="list-style-type: none"> Basic obstacles types Negotiation obstacles: techniques and tips Obstacle safety Strength and skills training for obstacles
	Water	<ul style="list-style-type: none"> Swimming basics and techniques

		<ul style="list-style-type: none"> • Swimming with equipment such as life vests and shoes • Understanding basics of a fitness session, number of repetitions, rest periods, • Event rules and specific regulations for obstacle sports water legs. • Open Water Swimming: safe entry & exit of the water, environmental awareness, water quality & safety, swimmer competence, choosing a venue, risk assessment.
	Rules & Regulations	Rules & technical requirements for non-drafting events, coaching to the rules.
	Sports Science	<ul style="list-style-type: none"> • Physiology and Physiological principles and its application to obstacle sports • Principles and application of basic Sports Nutrition • Principals and application of aerobic development