



WORLD OCR COACH DEVELOPMENT PROGRAMME

LEVEL 2 COACH CERTIFICATION

This document is a summary of the qualification for delivering level 2 coaching courses. Coach development is under the auspices of the World OCR Development Committee

World OCR LEVEL 2 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 2 Certification Overview

This qualification 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.

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 2 Roles

World OCR Level 2 coaches will be able to deliver obstacle sports sessions to groups of competitive athletes without supervision. Coaches at this level are qualified to coach independently and mentor Level 1 Coaches as assistants.

Level 2 coaches should have a sound understanding of the technical aspects of the sport, including rules and regulations, 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 2 Obstacle Sports Coach.
- Agree to abide by the World OCR Code of Ethics.

- Complete pre-course work and reading.

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

- Be a World OCR Level 1 certified coach with 100 hours of teaching experience.
- Read and understand the World OCR Safe Sport Guidelines, available for download at <https://worldocr.org/safe-sport>
- Read and understand the FISO Anti-Doping Rules, available at <https://worldocr.org/anti-doping>
- Complete pre-course reading material:
 - 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
- Recommended reading:
 - Run for your Life by Mark Cucuzzella
- References:
 - Strength Training Anatomy, 3rd Edition by Fredric Delavier
 - Essentials of Strength Training and Conditioning 4th Edition
 - Physiology of Sport and Exercise, by Kennedy, Wilmore and Costil
 - Motor Learning and Performance-5th Edition with Web Study Guide: From Principles to Application, by Schmidt and Lee

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), written, oral and / or practical examination(s.)

The World OCR Level 2 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 2 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 2 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 2 Coaching Certification, students should be able to:

- Describe obstacle sports, disciplines, events and athlete requirements for elite level competition.
- 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 2 Obstacle Sports Coach.
- Apply the principles of coaching and training.
- 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 competitive athletes by understanding their motivations, aspirations and risks of high level competition.
- Provide constructive feedback to participants.
- Demonstrate an ability to adapt sessions to meet the needs of the participants and the coaching environment.
- Apply principles of sports nutrition.
- Apply principles of anatomy and physiology.
- Apply principles of bio-mechanics.
- Understand the risks and penalties involved in performance drug use and rules around Anti-Doping (FISO Anti-Doping Rules.)
- Evaluate and critique coaching activities.
- Motivate and inspire people to take part in obstacle sports.
- Describe rules Obstacle Sports, regulations and racing formats.
- Operate in a profession manner in line with the World OCR Code of Ethics
- Identify and develop 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 (World OCR Safe Sport Guidelines.)
- 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 2 coaches must pass a written test, practical examination.

Prior to certification, candidate must complete and/or submit the following:

- 250 hours of teaching experience as a World OCR Level 1 Coach or equivalent
- Complete the World OCR Level 2 course
- Oral Presentation
- Online written test
- CPR or AED Certification

- Mentor Coach Letter of Recommendation if not a World OCR Level 1 Coach
- Written history of 250 hours teaching experience
- Athlete training plan for your current athlete(s)
- One of the Following:
 1. Tertiary education degree (BS, BA, etc.) in sport science or related field; or
 2. Certification with relevance to running, multi-sport, personal training, strength training and / or functional fitness (e.g. WFATT, NATA, IAAF, ITU)

Level 2 Coach Certification

Candidate must score 80% in all tests to be eligible for World OCR Level 2 Certification. If a candidate does not meet the above criteria, the candidate may apply for recertification.

Recertification Procedure

Certified coaches must recertify every two (2) years, meeting specified criteria and submitting a recertification application, including:

- Recertification Fee
- Safe Sport Refresher Program
- 20 Continuing Education hours - 5 must be World OCR Approved
- Current CPR or AED certification.
- Completing all assessment requirements for the World OCR coaching qualification.
- Proof of membership of a National Member Federation of World OCR.
- Proof of insurance cover in the coach's country(ies) of operation.
- 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.
- Demonstrate evidence of regular coaching practice.