



WORLD OBSTACLE COACH DEVELOPMENT PROGRAMME

ADAPTIVE / ADAPTIVE / PARA- OCR COACH CERTIFICATION

This document is a summary of the qualification for delivering Adaptive / Para-OCR coaching courses. Coach development is under the auspices of the World Obstacle Para-Athlete Commission and Development Committee

World Obstacle ADAPTIVE / ADAPTIVE / PARA-OCR COACHING CERTIFICATION

Introduction

The World Obstacle Adaptive / Para-OCR Coach Certification Program educates World Obstacle Coaches on how to train Adaptive / Para-OCR athletes safely and effectively. This course provides coaches with information on World Obstacle rules and classification, athlete pathways, obstacle and run modifications and periodization. The course includes practical sessions with Adaptive / Para-OCR athletes.

Obstacle Sports Coaches play an important role in developing the sport at every level around the world. The World Obstacle 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.

Adaptive / Para-OCR Coach Roles

World Obstacle Adaptive / Para-OCR coaches will be able to deliver obstacle sports sessions to para athletes without supervision.

In order to be eligible for the Adaptive / Para-OCR Coaching Clinic, candidates must meet the requirements below:

- Must be a current World Obstacle Certified Coach (any level)
- Currently working or planning to work with Para Athletes
- Coaching Resume
- SafeSport Training
- Current CPR or AED Certification
- Background Check as applicable per country

Coaches 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.

Course Size

Courses should not exceed 20 people if taught by one instructor (with an assistant). For courses between 20 and 40 people, a second trainer should be employed. Courses with over 40 people can be conducted with one assistant coach per 10 people.

On course

- Attend the entire 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 Obstacle 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.)

World Obstacle Coaching Certifications require candidates to undergo formal assessment to validate they meet the qualification requirements. Students will be assessed by a World Obstacle 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 Obstacle 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 Obstacle Instructor conducting the re-assessment.

Adaptive / Para-OCR 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 Adaptive / Para-OCR Coaching Certification, students should be able to:

- World Obstacle Para Classifications
- Nutrition considerations
- Travel considerations
- Strength, conditioning and recovery
- Sport Psychology
- Equipment
- Programming for training
- Describe and apply the fundamental principles of periodization to coaching programmes
- Establish and maintain an effective, fair and equitable coaching environment, irrespective of gender, religion, disability or sexual orientation.
- Prepare sessions that support physical literacy, skill development and fitness, and contribute to the overall health and well-being of all participants.
- Prepare facilities and equipment for coaching activities.
- Prepare participants for coaching activities.
- 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.
- Evaluate and critique coaching activities.
- Operate in a professional manner in line with the World Obstacle Code of Ethics
- 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.