

How to become a UKCC Level 1 Squash Coach



Before you can apply:
you must be 16 years of age or above

If you are:

Download an application form from your national governing body's website: -
www.englishsquashandracketball.com, www.squashwales.co.uk, www.ulstersquash.com,
www.scottishsquash.org

- Complete the application form and send together with a cheque for £230 which includes course fees, coaching membership and insurance

Before going on the course you should:

Book onto a sports coach UK Safeguarding & Protecting Children workshop by logging onto www.sportscoachuk.org or call 01509 226130 or complete the NSPCC on-line course using the link : - <http://www.educare.co.uk/3-16-NSPCC-Child-Protection-in-Awareness.htm>

- Read the course **induction pack**. This will tell you what is in the course and what you need to do to complete it
- Watch the Mini Squash DVD – the FUNdation and IMPROVER discs
- Answer the induction questions – review of coaching skills and Mini Squash questions
- Find a qualified coach to support you during your coaching practice which includes the delivery of four Mini Squash cards
- Complete the England Squash & Racketball CRB form & identify ID required

On day 1 you should:

- Attend the course from 9.00 am – 5.00 pm
- Bring 3 – 5 forms of ID and your completed CRB form so your tutor can sign section X. Please refer to your **induction pack** for details of ID required

And then you will have to prepare for day 2

You will have approximately four weeks between day 1 and day 2. Use your candidate pack to complete the following:

- A coaches safety checklist
- Prepare four activity plans using the FUNdation and Improver cards
- Complete an activity safety checklist prior to delivering each activity plan
- Work with a qualified coach to deliver the four Mini Squash activity plans
- Evaluate delivery of all four sessions
- Answer the extended study questions
- Watch the Pro Mini Squash DVD

On day 2 you should:

- Attend the course from 9.00 am – 5.00 pm
- In the afternoon you will be assessed delivering a 15 minute Mini Squash session to a maximum of four players

Certification

Certification will only be awarded once all assessment tasks have been completed and an attendance certificate at the sports coach UK Safe Guarding & Protecting Children Workshop or NSPCC online course has been signed off by your course tutor and sent to England Squash & Racketball