

Lifesaving South Africa Coaches framework

LEVEL 1	Coaching for 1 season or less at a club age group level			Basic
REQUIREMENTS	RPL	JOB DESCRIPTIONS	COURSE OUTCOMES	SASCOC REQUIREMENTS (Apprentice Coach)
18+ years of age	1.5 day Sport Specific Course	Assistant to level 2 coach	Understanding the nature and extent of the sport of lifesaving	No Previous Coaching Experience Required
2.5 Days Sport Specific Course covering both disciplines, 1 day to be water based.	Letter from club stating coaching period and levels.	Attend Practices as per club requirements	Create a safe environment for Lifesaving Sport	A minimum of a 1 day course.
Membership and Registration	Police Clearance	Maintain required Admin	Implement a Lifesaving Practice Session for Beginners.	Experience coaching after training.
Log 30 hours and submit logbook signed off by Club	If external coach experience or certification, must submit the generic content topics of the course attended.	Ensure Health and Safety is maintained and mitigated	Evaluate the Coaching Intervention	Supported by a qualified coach (Level 2)
Submit to a practical demonstration of their coaching in a class for at least 10 minutes and not more than 20 minutes.	Curriculum Vitae listing all qualifications or certifications	Perform any other legal and reasonable function as required by the club and/or coach		Proven track record of the journey of the athletes/team over the past 10 months
Submit a Portfolio of Evidence (POE) and Final Assessment.	POE and Logbook			Submit a 1-year coaching plan and deliverables supporting the Provincial Federation and NF
Attend 50% of club gala's / carnivals signed off by Club				Submit a tracking document as evidence (eg. logbook)
Safeguarding Clearances				NQF Level 4

CPR or First Aid Certificate				CPD-5 Points
WADA Play True Certificate				
Safeguarding Awareness Certificate				

Materials

Learner Guide: Basics of Coaching, Events from all disciplines, Rules of the Events.

Long Term Participant Development (LTPD) guide

Competition Manual

WADA Presentation

Safeguarding Presentation, all courses require a form of SAC.

LEVEL 2	Coaching for 2 or more seasons at a club age group level.			Accumulative
REQUIREMENT	RPL	JOB DESCRIPTION	COURSE OUTCOMES	SASCOC REQUIREMENT (Coach Assistant)
Is a holder of the Level 1 Coaches Award	Letter from club stating coaching period and levels.	Assistant to level 3 coach	Explain the scope of lifesaving coaching.	1 Year of Experience as a Level 1 Coach
+18	2 years' experience or with another sport code certificate in coaching:	As above to perform	Plan and implement a lifesaving training programme.	30 hours of Instruction
Log 30 additional hours as lead coach	2 day Sport Specific Course	Mentor and Monitor L1 Coach	Coach lifesaving techniques for specific events.	60 Hours of Coaching Experience
Submit to a practical demonstration of their coaching in a class for at least 20 minutes and not more than 30 minutes.	Submit Generic content for consideration and signoff by LSA Dir Sport	Set and Oversee programs	Conduct competitor and competition analyses.	Assists in the delivery of sessions. Where more senior coaches are not present, will lead the delivery of sessions, preferably with guidance

Submit POE and final Assessment	POE, Logbook and Assessment	Attend Competitions as a coach of the club		Submit Athletes'/ Team's 6-monthly evaluation document
Must be Cub nominated and Signed off by Province				Act as a coaching mentor-minimum 2/month
Attend 60% of club / regional gala's and surf carnivals				Submit a 2-year coaching plan and deliverables aligned to provincial federation and NF
Safeguarding Clearances				Submit a tracking document as evidence (eg. log book)
CPR or First Aid Certificate				Submit a proven track record of the journey of the athletes/team over the past 10 months
WADA Play True				Submit athletes'/ team's 6-monthly evaluation document
Safeguarding Awareness Certificate				NQF level 4
				CPD-15 Points

Materials required:

Learner Guide: Safety at Events, Programme Planning, Competition and Competitor Analysis, Events from all disciplines, Rules of the Events.

Long Term Participant Development (LTPD) guide

Competition Manual

LEVEL 3	Coaching for 5 or more seasons and has been the club coach to LSA Nationals			Accumulative
REQUIREMENT	RPL	JOB DESCRIPTION	COURSE OUTCOMES	SASCOC REQUIREMENT (Coach)
Is a holder of the Level 2 Coaches Award	Letter from district/province stating coaching period and levels.	In Charge of coaching at club / district or province	Plan and implement long term coaching programmes for athletes and club	1 to 2 years of experience as a Level 2 Coach
21+	Year 2 or with another sport code	2 to 5 as above	Evaluate Athlete development and programmes	70 hours of instruction

	certificate in coaching:			
Has a minimum of a Qualifying Certificate Lifeguard Award	2 day Sport Specific	Mentor and Monitor all level 1 and 2 coaches	Working with volunteer and assistant coaches	140 hours of coaching experience
Log 60 additional hours	Submit Generic content for consideration and signoff by LSA Dir Sport	Develop seasonal Plans and set weekly training programs	Mentoring of Junior Staff	(Professional Coaches require 110 hours of instruction and 220 hours of experience)
Has a Lifesaving SA Technical Officials Level 1 or higher Certificate	POE and Logbook	Monitor Athlete Performance	Working with NF HP strategic Coaching Plan	Delivers sessions over a season, often as part of a wider plan.
Attend 2 Nationals as club coach prior to application	TO	Report to club/ district/ province administration or executive committee	Monthly athlete / team evaluation	Works closely with the Senior Coach.
Submit POE and final assessment	QC or LA			Proven track record of coaching at a Provincial athlete/ team or athlete (s)/team level. Coach at the highest Provincial level of sport-specific competition
Signed off by Province				Proven track record of mentoring Coaches (Coach Assistants and Apprentice Coaches)
Safeguarding Clearances				Proven record of how you have supported the NF strategic coaching plan
WADA Play True				Proven track record of the journey of the athletes/team over the past 10 months
Safeguarding Awareness Certificate				Athletes'/Team's monthly evaluation document (minimum of 6 documents)
				A tracking document as evidence (eg. log book)

				NQF level 5
				CPD-20 Points

ASSISTANT COACH DEVELOPER	Coaching for 5 or more seasons and / or has an educational background			
REQUIREMENT	RPL	CPD AND ANNUAL VALIDITY	JOB DESCRIPTION	SASCOC REQUIREMENT
Holds a Level 2 Coaches Certificate	Year 1: October 2017.	Present 2 coach training groups annually	Reports to HP Manager and Dir of Sport	Work under the guidance of a PCD to assess Coach Assistant Coaches.
21+	No RPL will be considered for coaches from other sporting codes at this level.		Mentors and Monitors Club / District Coaches	4 year plan
6 days of training			Give feedback to coaches	Coaches evaluations forms- 2 per year
POE			Implement training and coaching programs for coaches	Facilitator and Assessor qualifications
Facilitators, Assessors or moderator's qualification			Attend LSA endorsed training	NQF Level 6
Signed off by HP Manager				

PROVINCIAL COACH DEVELOPER	Coaching for 7 or more seasons and / or has an educational background			
REQUIREMENT	RPL	CPD AND ANNUAL VALIDITY	JOB DESCRIPTION	SASCOC REQUIREMENT
Holds a Assistant Coach Developer Certificate for a minimum of 2 years	Year 1: 1 October 2018.	Actively mentor a minimum of 10 coaches	Reports to HP Manager and Dir of Sport	Deliver and evaluate programme for the development of coaches up to Coach level and oversee the development of coach developers at the district level (and the equivalent for administrators and officials)
21+	No RPL will be considered for coaches from other sporting codes at this level.		Mentors and Monitors Club / District Coaches	Assess competence of coaches at Pre-Coach and Coaching Assistant levels and equivalent for officials and administrators
4 days of training			Give feedback to ACD and coaches	Assistant Coach developers 2 X/year evaluation of document
POE			Develop and Implement training and coaching programs for coaches	4 year plan
Facilitators, Assessors or moderator's qualification			Attend LSA endorsed training	NQF Level 6
Signed off by HP Manager				Mentor and supervise a minimum 15 Coaches
				180 Credits over an additional year of work based learning
				Second Step towards National Certificate: Occupationally Directed

				Education and Development Practice
				NQF Level 7
				Provides access and RPL to National Developer programme, subject to NF nomination

2. Accumulative hours for Learning and Experience (WIL)

Accumulation of Hours				
			Total Hours	
	Learning	Experiential	Learning	Experiential
Level 1 Coaches	10	30		
Level 2 Coaches	20	30	30	60
<i>Update</i>	10		40	60
<i>Workshop</i>	10		50	60
Level 3 Coaches	20	60	70	120
<i>Qualifying Certificate</i>	60		130	120
<i>Technical Official</i>	20	20	150	140
<i>LSA Nationals</i>		80	150	220
<i>Workshop</i>	10		160	220
Senior Coach	80		240	220
<i>Update</i>	30		270	220
<i>Workshop</i>	40		310	220
<i>Training Camps</i>		160	310	380
<i>LSA Nationals (4 days)</i>		200	310	580
	310	580		

3. Fast-track the coaches in the current HP framework to complete their RPL. Must be complete within 1 year.
4. Job Description for National Coach
As per Senior Coach plus Travels with Team, Reports on National Team
5. Coach Trainer:
 - 1 Has 5 years of Lifesaving Sport experience, either as a Senior Athlete, Coach or Technical Official
 - 2 Has and educational or training background

3. Is available for a 3 year commitment.

6. Foreign Policy (adapted from LSA Competition Manual for Athletes)

A non-South African Lifesaving Sports Coach, who holds an appropriate accepted recognised qualification from his Federation can join and compete for a South African lifesaving authority under the following conditions:

1. Obtain clearance from his federation.
2. Be a member of a South African lifesaving authority for at least 2 months and must have resided in South Africa uninterrupted for at least 2 months immediately prior to competing.
3. Must be registered with SASCOC and comply with any other South African Legislative requirements.

This does not include anyone presenting a Coaching Workshop or Update in an effort to grow and develop Lifesaving Sport in South Africa, with or without remuneration.