

# ACA-POLICY for COACH ACCREDITATION

*Every athlete deserves a CERTIFIED coach!*

Last Revised November 2, 2015

## Guiding Principles

One of the pillars of Alpine Canada Alpin's (ACA) strategic plan and priorities is **coach development**. Coaching excellence at all levels is the cornerstone of effective long term skier development.

The most effective athlete development programs are athlete centered, COACH driven, administration supported and are based on ACA's AIM 2 WIN long term skier development guidelines.

## Objectives

The objectives of this policy are to set coach qualifications minimum standards for:

- **hiring** coaches
- **representing athletes** at major competitions.

This policy is intended to help:

- provide the foundation for more effective long-term skier development
- increase the number of CERTIFIED (vs. TRAINED) coaches.
- increase the number of experienced coaches (CERTIFIED and CERTIFIED ADVANCED) at all levels in the development system.

## Implementation Time Lines

		Recommended Phase-in Date
<b>Standards for Hiring</b>	1 <sup>st</sup> time hire	Sept 1, 2015 for the 15/16 season
	Re-hire	Sept 1, 2016 for the 16/17 season
	Best Practice hire	Sept 1, 2017 for the 17/18 season
<b>Standards for Representing Athletes at Major Competitions</b>	Identified Provincial competitions	16/17 season
	Identified National competitions	17/18 season

## U12 and Under

Coaches are generally working with U12 and under children in a club or in a ski school program at the “Skier Essentials” stage of development in the AIM 2 WIN skier development model. Beginning coaches work under the direction of a more experienced CERTIFIED coach.

### Coach Certification Pathway



### Hiring

Criteria when coaching athletes U12 and under	
<b>1<sup>st</sup> Time Hire</b>	<p><b>Qualification Criteria</b></p> <ul style="list-style-type: none"> <li>- EL TRAINED (or Level 1 CERTIFIED in the old levels based program) or CSIA Level 1 Certified.</li> <li>- Licensed annually by CSCF</li> </ul> <p><b>Note:</b> CSIA instructors working in ACA programs will have 1 year to become EL TRAINED in order to be covered by ACA insurance.</p>

## Criteria when coaching athletes U12 and under

### Re-Hire

#### Qualification Criteria

- EL CERTIFIED
- Licensed annually by CSCF
  - must attain EL CERTIFIED within max. 24 months from date EL course was successfully completed
  - PSOs may raise this standard by reducing the # of months in their province.
- **Transitioning** to EL CERTIFIED status:
  - if EL TRAINED or Level 1 CERTIFIED by May 30, 2015 → coach must be EL CERTIFIED by April 30, 2016  
(Note: to advance from Level 1 CERT to EL CERTIFIED means taking the Make Ethical Decisions on line evaluation on the Coaching Association of Canada web site.)

### Best Practice

#### Qualification Criteria

- EL CERTIFIED ADVANCED
- Licensed annually by CSCF

#### Coaching Performance Criteria

Best practice coaching performance involves:

- high degree of purpose, effort and commitment
- extending program opportunities beyond the usual weekend commitment and regular winter months.
- aligning with AIM 2 WIN program guidelines for U12 and under athlete development.
- integrating Snowstars into programming
- including dryland activities 2 times a week starting in September (focus on fun and games)

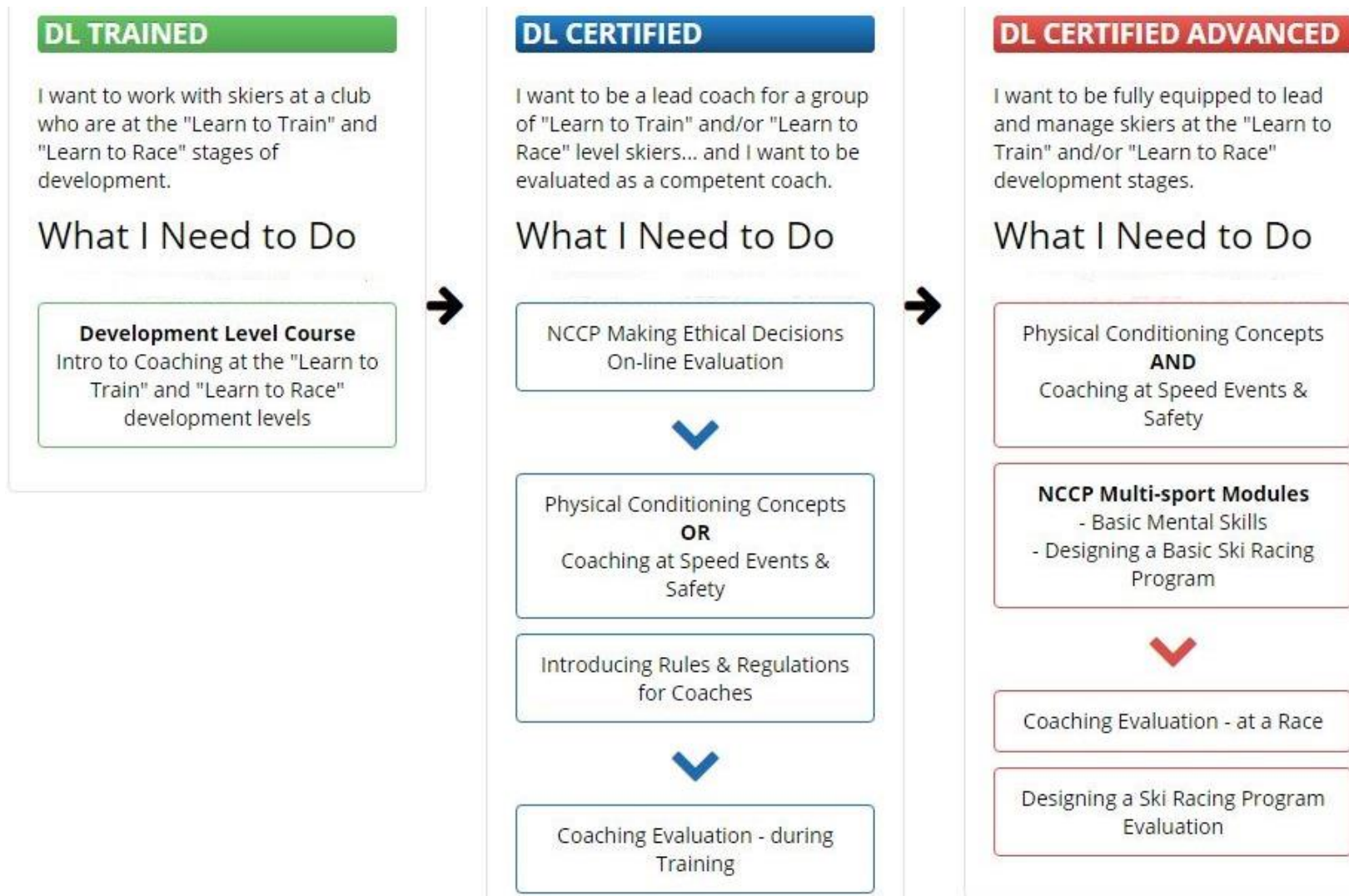
Examples include but are not limited to:

- providing opportunities for extra time on snow
- coaching with demonstrated passion and intensity
- demonstrating innovative coaching techniques that show superior athlete development
- contributing to physical conditioning aspects prior to and/or during the season
- mentoring other coaches
- delivering or participating in professional development courses/seminars
- volunteering with races and as race official
- helping move other coaches along coach certification pathways
- attaining other relevant certifications (e.g.: first aid, CPR, strength and conditioning etc.)
- attaining advanced education qualifications that are relevant to coaching

## U14 and U16

Coaches are generally working at a club and with U14 and U16 participants who are at the “Learn to Train” and “Learn to Race” stages of development in the long term skier development module. Beginning coaches in this context work under the direction of a more experienced certified coach.

### Coach Certification Pathway



## Hiring

Criteria when coaching U14 and U16 athletes	
<b>1<sup>st</sup> Time Hire</b>	<p><b>Qualification Criteria</b></p> <ul style="list-style-type: none"> <li>- DL TRAINED <i>or</i> EL CERTIFIED (or Level 2 CERTIFIED in the old levels based program)</li> <li>- Licensed annually by CSCF</li> </ul> <p style="padding-left: 40px;">- IF EL CERTIFIED → max. 12 months to attain DL TRAINED</p>
<b>Re-Hire</b>	<p><b>Qualification Criteria</b></p> <ul style="list-style-type: none"> <li>- DL CERTIFIED (or Level 2 CERTIFIED in the old levels based program and a history of relevant professional development activities)</li> <li>- Licensed annually by CSCF               <ul style="list-style-type: none"> <li>- must attain DL CERTIFIED within max. 24 months from date DL course was successfully completed.</li> <li>- PSOs may raise this standard by reducing the # of months in their province.</li> </ul> </li> <li>- <b>Transitioning</b> to DL CERTIFIED status               <ul style="list-style-type: none"> <li>- if DL TRAINED or Level 2 CERTIFIED by May 30, 2015 → coach must be DL CERTIFIED by April 30, 2017.</li> </ul> </li> </ul>
<b>Best Practice</b>	<p><b>Qualification Criteria</b></p> <ul style="list-style-type: none"> <li>- DL CERTIFIED ADVANCED</li> <li>- Licensed annually by CSCF</li> </ul> <p><b>Coaching Performance Criteria</b></p> <p>Best practice coaching performance involves:</p> <ul style="list-style-type: none"> <li>• high degree of purpose, effort and commitment</li> <li>• extending program opportunities beyond the usual weekend commitment and regular winter months.</li> <li>• aligning with AIM 2 WIN guidelines for U14 and U16 athlete development.</li> <li>• Planning dryland activities in an age and developmentally appropriate manner to enhance performance and protection in a sport specific skiing context.</li> </ul> <p>Examples include but are not limited to:</p> <ul style="list-style-type: none"> <li>- same principles as for coaching U12 athletes</li> <li>- university education in a relevant field is desirable.</li> </ul>

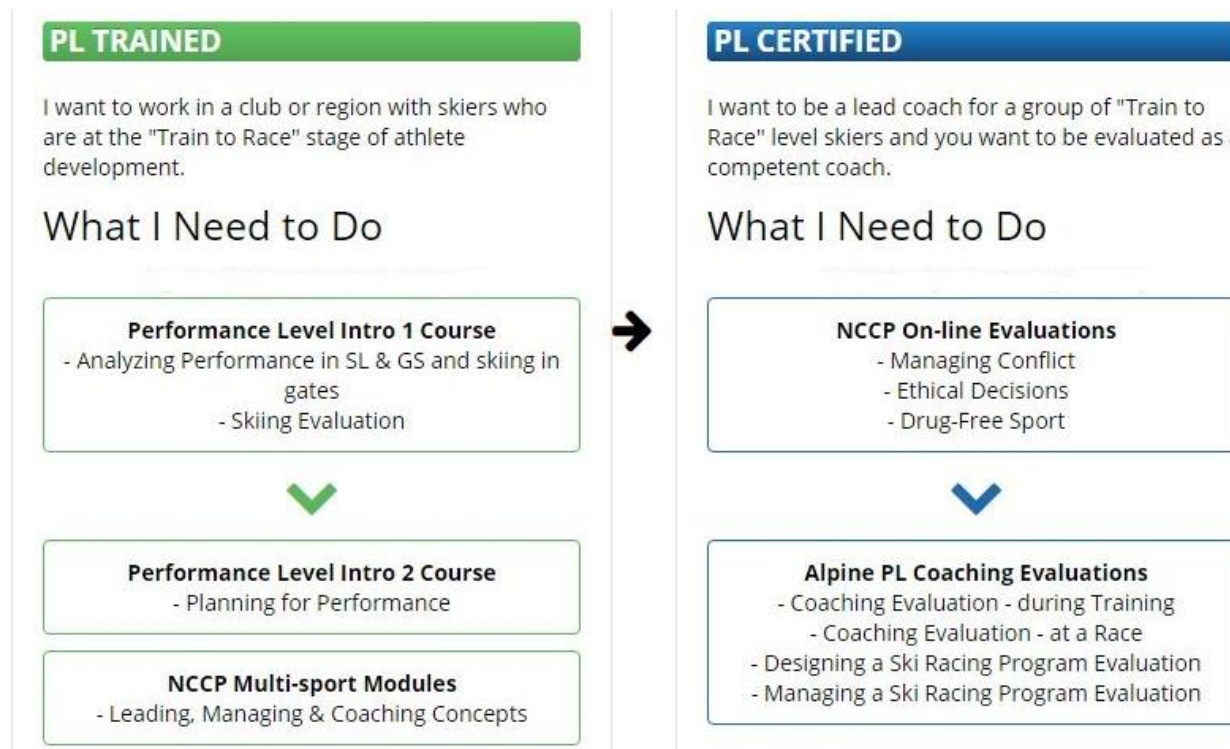
## Representing Athletes at Major Competitions

<p>Major <b>Provincial</b> Competitions - for the coach in charge</p>	<p>U14 Provincial Games - DL TRAINED or Level 2 CERTIFIED</p> <p>U14 Provincial Championships - EL CERTIFIED or DL TRAINED or Level 2 CERTIFIED</p> <p>U16 Provincial Championships - DL CERTIFIED or PL TRAINED or Level 3 CERTIFIED</p>
<p>Major <b>National and International</b> Competitions - for the coach in charge</p>	<p>U16 Nationals - DL CERTIFIED or PL TRAINED of Level 3 CERTIFIED</p> <p>Whistler Cup (U16) - same as above</p> <p>Canada Winter Games - same as above</p> <p>Topolino - same as above</p>

## U18 and U21

Coaches are generally working in regional and provincial programs and with U18 or U21 athletes who are at the “Learn to Race” and “Train to Race” stages of development in the long term skier development module. Coaches working in this context tend to have more leadership roles.

### Coach Certification Pathway



### Hiring

#### Criteria when coaching U18 and U21 athletes

##### 1<sup>st</sup> Time Hire

##### Qualification Criteria

- PL TRAINED *or* DL CERTIFIED (or Level 3 CERTIFIED in the old levels based program)
- Licensed annually by CSCF
  
- IF DL CERTIFIED → max. 24 months to get PL TRAINED

## Criteria when coaching U18 and U21 athletes

### Re-Hire

#### Qualification Criteria

- PL CERTIFIED (or Level 3 CERTIFIED in the old levels based program and a history of relevant professional development activities)
- Licensed annually by CSCF
  - must attain PL CERTIFIED within max. 24 months from date first PL course (PL Intro 1 or PL Intro 2 course) successfully completed.
  - PSOs may raise this standard by reducing the # of months in their province.
- **Transitioning** to PL CERTIFIED Status
  - if PL TRAINED or Level 3 CERTIFIED by May 30, 2015 → coach must be PL CERTIFIED by April 30, 2017.

### Best Practice

#### Qualification Criteria

- PL CERTIFIED ADVANCED
- Licensed annually by CSCF

#### Coaching Performance Criteria

Best practice coaching performance involves:

- high degree of purpose, effort and commitment
- aligning with AIM 2 WIN guidelines for U18 and U21 athlete development.
- utilizing longer Canadian winters and organizing off season ski camps in the spring.
- creating athletic plans that allow student athletes to balance academics and athletics.
- planning and organizing year round dryland programs

Examples include but are not limited to:

- same principles as for coaching U14 and U16 athletes
- Diploma from a Canadian Sport Institute (NCI) or equivalent university degree in Physical Education or Kinesiology.

## Representing Athletes at Major Competitions

Major National and International Competitions - for the Coach in charge	U18 Nationals - PL CERTIFIED Senior Nationals - PL CERTIFIED World Junior Championships - PL CERTIFIED
--	---



## Entry Level Para Pathway

N.B. Hiring standards for both para-alpine and ski cross are currently under development. As updates are created, they will be distributed accordingly.

### Starting

- ✓ Start by completing the **Entry Level Course** . You must be 15 years of age on the first day of the course, no exceptions.
- ✓ Then complete the Para Module for EL PARA TRAINED status.

### Progressing

- ✓ Progress to **EL PARA CERTIFIED** status if you will be coaching more than a season at the "Skiers Essentials" development level.
- ✓ Progress to the [Development Level \(DL\) PARA](#) program if you will be working with more advanced para-alpine athletes.

#### EL PARA TRAINED

I want to volunteer for a Canadian Association of Disabled Skiers (CADS) "Skier Essentials" Learn to Race recreation program... or I want to be hired by a club in a competition program.

#### What I Need to Do

##### Entry Level Course

Intro to Coaching at the "Skier Essentials" development level



Para Module

#### EL PARA CERTIFIED

I want to lead a group of Para-athletes at the "Skier Essentials" to "Competition" translation levels of development and I want to be evaluated as a competent Entry Level PARA coach.

#### What I Need to Do

NCCP Making Ethical Decisions On-Line Evaluation



Mentoring & Practical Coaching Evaluation

## Development Level Para Pathway

### Starting

- ✓ Start by completing the **Development Level Course**. The prerequisite is the Entry Level Course.
- ✓ Then complete the Para Module for DL PARA TRAINED status.

### Progressing

- ✓ Progress to **DL PARA CERTIFIED** status if you will be coaching more than a season at the "Learn to Train/Learn to Race" development level.

DL PARA TRAINED

I want to be hired by a club in a para-alpine competition program at the "Learn to Train" - "Learn to Race" development levels.

### What I Need to Do

**Development Level Course**  
Intro to Coaching at the "Learn to Train" and "Learn to Race" development levels



Para Module

DL PARA CERTIFIED

I want to lead a group of Para-athletes at the "Learn to Train" - "Learn to Race" levels of development and I want to be evaluated as a competent Development Level Para coach.

### What I Need to Do

NCCP Making Ethical Decisions On-line Evaluation



Coaching at Speed Events & Safety

Introducing Rules & Regulations for Coaches



Coaching during Training Evaluation

## Ski Cross Pathway

N.B. Hiring standards for both para-alpine and ski cross are currently under development. As updates are created, they will be distributed accordingly.

### Starting

- ✓ Start by completing the **Development Level Course**. The prerequisite is the Entry Level course. Before learning specific ski cross concepts, basics are learned in the Development Level program.

### Progressing

- ✓ Then complete the Ski Cross specific learning modules for **SX COMP-INTRO TRAINED** certification.

#### SX COMP-INTRO TRAINED

I want to coach in a competition program at the "Learn to Train" - "Learn to Race" development levels and introduce my athletes to ski cross.

#### What I Need to Do

##### Development Level Course

Intro to Coaching at the "Learn to Train" and "Learn to Race" development levels



SX Coaching & Safety On-line Module



SX Intro to Coaching On-snow Module