



Performance Coach Training Process and FAQ

February 2023



Introduction

The Performance Coach course provides coaches (16 yrs or older) with the knowledge and skills to effectively plan and deliver discipline specific coaching sessions with a particular focus on athlete performance.

Step 1: Course Allocation

The Performance Coach award is designed for currently accredited and experienced coaches. It is a prerequisite for this award to hold a coaching accreditation of Development Coach (or equivalent).

Generally, processes will follow the below steps;

- States require the participant to complete an online enrolment before the modules are allocated. Online enrolment can be completed by:
 - Logging into the [SLS Members Area](#) > click on eLearning > Training Library > SLS – Performance Sports Courses (view courses) > SLS – Performance Coach Enrolment

Please note completion of the online enrolment form does not guarantee course allocation. You will be notified if your enrolment is successful, or if you require further practical experience before upskilling.

Each State/Territory's course allocation processes differ, please contact your [State/Territory](#) for further details.

Note: You will receive an email from 'etrainu LMS' once you have been allocated a course.

If you require technical assistance with the SLS Members Area or with the online training process, consult the *SLS eLearning User Guide* available on the [SLS IT Helpdesk website](#).

Step 2: Working with Children Check (WWCC)/Working with Vulnerable People Check (WWVP)

- The requirements for WWCC/WWVP are slightly different in each State and Territory. To determine what they are for your situation, please visit the [AIFS website](#)
- Once the requirements for your State/Territory are complete, please provide your SLS Club with your WWCC/WWVP number so this may be recorded in SurfGuard
- Contact your State/Territory if you are unsure of the requirements

Step 3: Complete Module 1 the Australian Sports Commission's (ASC) Community Coaching – Essential Skills Course

- Community Coaching – Essential Skills Course is Module 1 of the SLS Performance Coach course. The course was developed in collaboration with the sport sector, with a new approach to supporting the development, education and training of coaches and empowering them to provide safe, fun and inclusive environments that focus on the needs of participants
- Log into the SLS Members Area > eLearning > My Training > Performance Coach > Australian Sports Commission's Community Coaching – Essential Skills > View Slides > Start > **Click the link** > You will be taken to [Australian Sport Learning Centre](#) (external website) > Log In or Create New Account > Coaches Essential Skills Go > Complete: Community Coaching – Essential Skills Course (no fee)
- Take note of the certificate number located at the bottom of the certificate
- Log back into the SLS Members Area > eLearning > My Training > Performance Coach > Australian Sports Commission's Community Coaching – Essential Skills > View Slides > Take Assessment > Complete Question 1 and 2 (enter certificate number) > Submit

Step 4: Complete Sport Integrity Australia's Anti-Doping Fundamentals Course (formerly Level 1)

- Sport Integrity Australia's Anti-Doping Fundamentals Course (formerly Level 1) is a pre-requisite for the Performance Coach award
- You will need to register with Sport Integrity Australia for access to this course via [Sport Integrity Australia](#) (no fee)
- Once you have completed this course, log back into the SLS Members Area > eLearning > My Training > Sport Integrity Australia Anti-Doping Fundamentals Course > View Slides > Take Assessment > Complete Question 1 and 2 > Submit

Step 5: Complete the SLS Online Modules

- Login to the [SLS Members Area](#) > click on eLearning > My Training > SLS – Performance Coach
- Complete the 'Performance Coach' eLearning course at your own pace:
 - Introduction to Surf Sport Coaching
 - Developing Performance Level Technical Skills
 - Developing Performance Level Physical Capacities
 - Developing Performance Level Psychological Skills
 - Planning Your Performance Level Coaching Program
 - SLS Coach Workshop Presenter
 - SLS Coach Assessor
 - SLS Coach Mentor
- Upon successful completion of the course, you will automatically be allocated SLS "Performance Coach (Online Theory Modules)" award

Step 6: Complete the Elective Module

- Each discipline has its own elective and assessment process. Elective modules are in the [SLS Members Area](#) > Login to eLearning > Training Library > SLS – Coaching
- If your elective is available online, complete it. If your elective is not available online, please contact your State/Territory to put you in contact with a relevant assessor

Step 7: Complete the Written Assessment

- As part of the online course, there is one written assessment. Complete the assessment and print it off or save a copy to your device
- Present the completed assessment to your Performance Coach Assessor when attending the face-to-face workshop/coaching session

Step 8: Book in a Face-to-Face Workshop/Coaching Session

- Once you have completed the Online Coaching Module, you will still need to complete a face-to-face workshop/coaching session. Please contact your Club, Branch or State/Territory to arrange the face-to-face session with a Coach Assessor (duration dependent)
- Present a copy of your 'Working with Children's Check', 'Sport Integrity Australia Anti-Doping Fundamentals Course (formerly Level 1)' and 'Written Assessment' to your assessor
- Upon successful completion of the face-to-face workshop/coaching session and assessment, you will be allocated SS - Performance Coach (elective)

Step 9 Begin Coaching

FAQS

Is Development Coach a pre-requisite for Performance Coach?

- Yes. It is a prerequisite for this award to hold a Development Coach (or equivalent). Participants must be minimum 16 years of age

How long does the Performance Coach accreditation last for?

- All courses are accredited for four (4) years
- Please ensure you submit your reaccreditation by the end of the fourth year to maintain accreditation. To reaccredit, complete the coaching reaccreditation form found on the SLS Members Area > Document Library

How long will it take for me to complete the course?

- Each online learning module is designed to take approximately 30 minutes
- The duration of the face-to-face workshop/coaching session is dependent on each Branch/State/Territory. Each elective will have its own face-to-face component. Please note, that there may be a period of time between completing Performance Coach Modules and a face-to-face workshop being available

How much does it cost? How do I pay?

- Each State/Territory differs in price. Payment can be made with credit/debit card in the SLS Members Area > eLearning. You will receive an invoice to your email address once payment has been processed. There is no extra cost for coaching electives

I haven't received my receipt for my course. Where is it?

- All coaching courses are linked to SurfGuard, your receipt will be emailed to the email registered in SurfGuard. Please ensure your email is up to date in the SLS Members Area, and check your junk or spam folders

I've got to the last slide, however it won't let me complete the course.

- Make sure that you have opened every slide in the course and that you have completed all the questions, clicked all tiles/icons and watched each video to the end

The online course starts at Module 2. Where is Module 1?

- Module 1, is the Australian Sports Commission's Community Coaching – Essential Skills Course course. Please refer to step 3

How do I locate my Australian Sports Commission Community Coaching – Essential Skills Certificate?

- Log into Sport Australia's Learning Centre (where you completed the officiating course)
<https://learning.ausport.gov.au/login/index.php>
 - Community Coaching – Essential Skills Course > click GO
 - Once logged in click on > Certificate > Click on the words 'Essential skills course certificate' > Click on 'View Certificate'
 - Your certificate number can be found at the bottom of the certificate

Where can I find the expiry date of my Coaching qualification?

- Log into the [SLS Members Area](#) > Memberships > Awards > SS – Performance > Expiry Date

If I would like a copy of my certificate of completion, where can I find it?

- Log into the [SLS Members Area](#) > click on eLearning > My Training > scroll down to Completed Courses > SLS – Performance Coach > Click on Certifications > Certification 1

Where can I find the Surf Sports Manual?

The Surf Sports Manual can be found in two locations:

- SLS Publications App – is supported on both Apple and Android devices and is available through the [App Store](#) and [Google Play](#)
- [SLS Members Area](#) > Document Library > Organisation – Surf Life Saving Australia > Search – Surf Sports Manual

What other courses would further increase my knowledge as a coach?

- Sport Integrity Australia have a range of courses from Clean Sport 101 to Coaches Course. Courses can be located on Sport Integrity Australia's website <https://elearning.sportintegrity.gov.au/>
- SLS recommends that before incorporating resistance training into training programs (especially power and strength training using weights), coaches undertake the Australian Strength and Conditioning Association's Level 1 Coaching Qualification. For more information click [here](#).
- SLS Sports Hub platform is a central hub for all things sport and is accessible via the [SLS Members Area](#) > Sports Hub. Within Sports Hub is Coach Connect. Coach Connect hosts coaching resources across all disciplines of sport which also has the capacity to facilitate online workshops which can be viewed live or at a later date. Coach Connect is designed to support the continuous development of accredited surf sport coaches.