



## Level 1 Climbing Coach Award Overview



### Before you start:

Before registration, candidates must be able to answer yes to the following questions:

- Are you at least 18 years old?
- Are you a member of Mountaineering Ireland?
- Do you hold either a Rock Climbing Instructor (Formerly SPA) or a Climbing Wall Instructor (Formerly CWA)?
- Have you at least one year's post RCI/(SPA)/CWI/(CWA) experience?
- Have you completed both FUNdamentals 1&2?
- Do you lead climb consistently at grade French 6a?
- Do you have experience of climbing coaching?

### Registration and Logbook

Once you have satisfied the above, register with Mountaineering Ireland for the Level 1 Climbing Coach Award, a logbook will be sent out to you. This logbook is a vital link between the candidate, Mountaineering Ireland, and the training provider and gives a clear record of candidates' coaching experience and activity, their fulfilment of the requirements of the scheme, and course attendance. The logbook must be kept up-to-date for training and assessment courses where it will be reviewed and completed by the trainer or assessor. Once you have registered and received your log book, you can book a training course directly with one of our approved providers

### Training

Level 1 Climbing Coach Award training courses are held over a minimum of 2 days (16 hours) and is a mixture of lectures/discussions and practical sessions. Topics covered on the Level 1 Climbing Coach Award training syllabus will include: The Role of a Coach, The Coaching Cycle, Responsibilities of the Coach, Practical Skills, Lifestyle, Long Term Athlete Development and Conditioning for Climbing. The ratio for training is a maximum of one instructor to six candidates.

### Consolidation

Between training and assessment, candidates are required to complete and log the following:

- Observe a Level 1 (or higher coach) at two organised training sessions in any sporting discipline. Candidates must complete a report on the observation.
- Observe a Level 1 Climbing Coach or equivalent coach that is acceptable to Mountaineering Ireland, at two organised sessions. Candidates must complete a report on the observation.
- Run a programme of 6 progressive sessions, coaching climbing to the same group of 1-4 people and provide evidence of the session plans
- Run 6 separate coaching climbing sessions for a group of 1-4 people and provide evidence of the session plans

- Personal lead climbing: ten or more routes at French 6a or above.
- Complete the 'Real Winner' on-line anti-doping programme. The certificate of completion must be presented at the assessment.
- Log book- The candidates log book must be submitted to the assessor at least 4 weeks before the assessment.
- Case Study- Complete a series of 6 session plans for a given case study. This will be supplied at least one month before the assessment and must be returned to the assessor at least two weeks before the assessment.

## Assessment

Prior to assessment, candidates are required to submit their log book and home paper (research topic into an aspect of coaching) and complete a practical element (planning and delivering 2 x 60m minute coaching climbing session, 1 with students familiar to the candidate and the other with unfamiliar students). The ratio is 1 instructor to 2 candidates for Level 1 Climbing Coach Award Assessment. Visit the course calendar to see when the next assessment is running and contact the provider directly to book on to the assessment. **Before assessment, candidates must also attend a first aid course (minimum of 16 hours) and a child protection course (either Children in Sport Awareness Workshop (Code of Ethics) – Irish Sports Council or Safeguarding Young People in Sport – Sport NI)**

## What next?

Once you have registered, contact one of our Mountaineering Ireland approved providers directly for more information, costs and to start your training. Training will be held at walls around the country on a regular basis. Visit our course calendar to see when and where courses are running. Please note that courses are priced by the individual provider.