

GNAS Level One Coaching Course Overview



This objective of this document is to provide a short overview of the GNAS Level one coach course, it is **NOT** meant to be a complete guide to the course but give a potential candidate an idea of what will be required of him/her, what may be required by the candidates club and the overall commitment required by all parties.

Question: What is a level one coach?, what can they do ?

Answer: Level descriptors agreed by GNAS define a level one coach as :- '*Capable of delivering one-off sessions pre-planned for them to a group of novice and beginner archers*'

Level one coach is the entry level to coaching, it will allow you to run beginners courses, Have a go's and other one off sessions which are pre planned for them by more senior coaches

The Level One coach is based on a level, which is higher than the old 'Assistant coach' grade but not as high as the old 'coach' grade. Both these grade are being phased out, the assistant coach will need to do an upgrade to gain a level one grade and existing coaches will take a conversion course to get to the level two grade.

Question: How does this course differ from the original assistant or coach courses?

Answer: The real answer is quite radically!, The old courses were based mostly on classroom tuition, with some 'emulated practice'. These courses would take place over several months usually on a weekend, with a final assessment taking place on a single day or over a weekend for the whole course.

The new courses are based far more on the practical elements using 'real' beginners after relatively short classroom sessions the basic course structure falls into three major parts:

- Formalised training, both theoretical and practical, amounting to approx 30 hours tuition (usually classroom based)
- Supported practice – guided by a mentor at your own club such as beginners courses, have a go's or within activities organised by the course organiser
- Consolidation of learning and internal assessment and external assessment

Question: What commitment will I need to give?

Answer: You will need to attend the classroom sessions for your course, and then prepare yourself for internal and external assessment using your clubs beginners courses, have a go's or other events organised by the course manager.

You will also need to nominate a mentor who has undergone mentoring accreditation who will help you with self-assessment. This mentor is usually within your club or course tutors/lead tutor/manager. The course manager will help you select your mentor if required.

You will need to have applied for CRB clearance through the course.

You will need to provide a 'portfolio of evidence. One of the main methods of assessment is on evidence you provide in your portfolio. There will be a core of evidence that is required for assessment, but you may wish to provide additional evidence should you have opportunity to do so.

The core evidence will be:

- Course application
- Personal details
- Details of mentor
- Course guidance notes
- Course session plans
- Course handouts
- You own notes
- Observation records and assessments
- Notes from reviews with course tutors and mentors
- Written assignments
- Test papers
- Work record / log

Additional evidence might be:

- Information you have collected from your own research into topics
- Additional observations / reports on your work away from the course
- Attendance at any complementary courses e.g. first aid
- Evidence of any prior learning appropriate to the course

This evidence should be presented in a logical and sequential way so that your assessors can easily see what you have done. Guidance will be given on this during the Personal Development training.

Question: What commitment will my club need to give?

Answer: Your club will need to support your supported training. This will usually be in the form of beginners sessions, have a go's etc. If your club does not run these sort of events or do not have enough to carry out effective assessment then the course manager will try to arrange suitable sessions to allow you to complete you supported training.

Question: What sort of training/practice will I need to do?

Answer: This will take place in two main forms

Training:- This will be carried out through tutored sessions and practical sessions. All theoretical work will have a practical application. You will be expected to complete some short assignments outside the course time, and there may be short tests during the course on some items.

Supported Practice:- This will be hands-on experience working with real beginners. Some of this may be during a course session, but it is more likely that it will be a beginners course at your own club, a have a go day or an event arranged by the course organiser.

A course tutor, your coach mentor or another coach at the event, may support this practice. They may be asked to complete an observation sheet on your work; there are sample copies provided that you can use. Completed observation records should be kept in your portfolio as evidence of the work you have done.

The supported practice may also be an opportunity for your assessors to visit you and complete an assessment. Internal assessments should be seen as an opportunity to demonstrate what you know and can do, and are a part of the learning process.

Question: What will it cost ?

Answer: It is anticipated that the typical cost of a place on a course will be approx £100-200. The cost of the course is governed by how much the classroom training costs together with the amount of travel and other incidental costs, that course tutors and external assessors need to make.

Basically the more travel costs incurred the higher the course costs. However it should be noted that any costs incurred will be split across the whole course participants although the course manager will try to minimise these costs by inviting course participants to attend events centrally. ***At the end of the course a refund or request for more money may be made to cover the course costs. A course cannot make a loss or a profit.***

Question: How long will it take?

Answer: The maximum it can take is 12 months after the formal tuition, there is no minimum but it is anticipated that it will usually take between 4 and 8 months depending mostly on availability of assessors and suitable beginners course etc.

Please see the next page for the overview of course timings.

Anticipated Course Timings

