



Australian Karate Federation Inc. Coaching Accreditation and Updating Policy



The aim of this policy is to ensure that the Australian Karate Federation Inc has in place a system which will enable NCAS accredited Karate Coaches to maintain a safe, responsible and high standard of coaching practice, in keeping with current coaching principles and competencies.

The system is designed to provide the following benefits:

- coaches will be practicing coaches who are up-to-date with coaching competencies, delivering a safe, responsible and high standard of coaching to their students/athletes in line with their responsibilities and duty of care as a coach
- current contact details will be kept on all coaches for the purpose of improved communication
- all coaches will hold current first aid certification to ensure a minimum level of competence in dealing with life threatening emergency situations during coaching practice
- status of the accredited coach will be improved to due their superior coaching knowledge
- coaches will have an improved and more effective commitment to their coaching if they are to call themselves an NCAS Accredited Karate Coach
- the role of the Coaching Director (State and National) will be more prominent and there will be increased contact between Coaching Director and Coach
- AKF would be more supportive and feel more confident in defending any legal action against a coach if AKF knows that the coach is accredited and has maintained updating requirements

The AKF supports the endeavours of the ASC in relation to the National Coaching Accreditation Scheme.

The NCAS

- Increases confidence and competence in coaching ability
- Promotes an on-going progressive improvement of knowledge and expertise as coaches move through the levels of the scheme
- Incorporates an involvement with, and an understanding of, Sports Science, enabling a more in depth approach to coaching
- Promotes the use of safe and correct techniques
- Improves communication skills
- Encourages the development of innovative coaching techniques
- Involves quality controlled learning in all courses
- Aims to increase the enjoyment of sport for both coaches and athletes.
- A four year accreditation period starts when the National Coaching Accreditation Scheme (NCAS) receives notification that all accreditation requirements have been met. The NCAS will inform coaches before the expiry of the accreditation period, at the address listed on the NCAS data base.



Coaching accreditation Up-date Requirements List:

Level 1 Coach -----

Attend or complete three (3) courses:

Selection of three courses from the following:

- attend **two (2)** per year:
- State Coaching Centre update *course (this may be presented solely for state body, specific topics for karate coaches)* **or**
- tertiary institute coaching workshop or seminar, **or**
- attend individual module of Level 2 General Principles course (*eg visualisation*) **or**
- work related courses may be acceptable on application only (*eg conflict resolution, communication in the workplace, risk management*) **or**

Plus

- attend **one only** regional or state workshop/seminar on AKF Inc Coaching for Competition Rules **per year** (**NOT** Referees Seminar or NOAS Table Officials Level 1 course)

or

- 'Plays by the Rules - Harassment Free Sport for Coaches' On-line course, provide copy of certificate. For coaches who attained this as part of the AKF Inc Coaching Training Program, supply certificate for another category.

or

- AKF Inc Coaching courses/seminars/workshops. (Check for **AKF Inc Coach Education Update Approval**)

Or attend in one year

- **three (3)** update courses at state coaching centres per year
- **complete** Level 2 General Principles course (provide certificate)

Compulsory Attainment:

- Maintain current certificate in recognised first aid course

Level 2 Coach -----

Attend or complete three (3) courses:

As above for Level 1. May substitute one course with

- Qualify as Member Protection Officer attending regular meetings

Compulsory Attainment:

- Maintain current certificate in recognised first aid course

PLUS ALL COACHES MUST BE ACTIVELY COACHING -----

Minimum Practical Coaching Time:

Must be actively coaching with an annual minimum of

- **Level 1**25 hours
- **Level 2**50 hours

Coaching hours may be achieved by:

- dojo coaching
- lecturing at coaching or referees courses
- state or national coach
- mentoring trainee coach

Failure to meet these requirements will mean the coach must resit the next available AKF Coaching Training Program