



## The Role of Leaders & Coaching Assistants

### Introduction

This document provides an overview of the roles and functions that Leaders and Coaching Assistants are qualified to undertake.

It is important to note that Leaders and Coaching Assistants qualifications are designed with a specific aim – to provide the skills required to work with training groups under the supervision of a fully qualified and licensed coach related to T. & F. (This does not include the LiRF qualification )

These qualifications are the first steps on the coaching ladder and they do not provide the level of skills required to work independently with athletes.

**Leaders** – will be used by clubs to assist their qualified coaches (Athletics Coach, Children's Coach, or Coach in Running Fitness) cope with high volumes of athletes' e.g. measuring, timing etc.

**Coaching Assistants** – will also be used by clubs to assist with volumes of athletes but are additionally qualified to provide entry level coaching in the basis of Run, Jump and Throw.

### Supervisions and Insurance

All licensed coaches, including leaders and coaching assistants are covered by UKA's public liability insurance under the following guidelines:

**Leading Athletics (Athletics leader from previous qualification system)** - are able to work with athletes following a session plan or task card prepared by a qualified and licensed supervising coach.

**LIRF** – can take a group out for a run unassisted and lead sessions for athletes aged 12years+ , working from session plans/task cards prepared by a qualified and licensed coach in Running Fitness or directly through specific British Athletics resources within uCoach.

**Coaching Assistant (UKA level 1 pre 2008)** – May lead groups at entry level working from sessions plans/task cards prepared by a qualified and licensed supervising coach. The Coaching Assistant may deliver whole sessions on their own provided a Supervising Coach is present at the venue.





Coaching Assistants are not qualified and insured to coach Pole Vault, Hammer, Discus, Triple Jump or Steeplechase. These events should only be delivered by a qualified and licensed coach (although Coaching Assistant may assist in these sessions).

**The Supervisory Coach** - should discuss the allocation of session units with Coaching Assistants and Leaders, supervise Coaching Assistants during session delivery, directly supervise Leaders' in session delivery and review Coaching Assistant and Leader development. Please see the Role of the Coach video on the uCoach site to watch this relationship in practice.

### KEY DEFINITIONS:

**Supervision** – a leader, assistant or coach is considered to be supervised provided the said person has been told what to do or has agreed what should be done with the licensed coach. A licensed coach **should normally, and routinely, be present at the venue**.

**Direct Supervision** – a licensed coach should be **in eyeline and earshot** of the person being “directly supervised”.

**A Licensed Coach** – is someone who has undertaken and completed the following qualifications and who has a police records check (formerly CRB check), DBS, Disclosure Scotland or Access N.I. that is not more than 3 years old. They may hold one or more of the following qualifications: Coach in Running Fitness, Children’s Coach, Athletics Coach, UKA Level 2, Event Group Coach, UKA Level 3 Performance Coach, UKA Level 3 Development Coach, UKA Level 4 Performance Coach, UKA Level 4 Development Coach.

A licensed Coach is insured to coach unsupervised. They will have been assessed on their ability to coach explicit areas of specialism. These areas are listed on their coaching licence. All Level 2 licenses and above, show that the bearer is insured to coach at level 2.

- **Event Group Coach** – this person is insured to coach whichever groups of events appear on their license e.g. jumps, throws, speed or endurance (or a combination of these).
- **Athletics Coach** – Sprints, Hurdles, Javelin, Shot, Long Jump, High Jump, and Endurance Running.
- **Coach in Running Fitness** – endurance activities to over 12s, including uphill & downhill running, running over obstacles and running at speed.
- **Children’s Coach** – all athletics activities using non-competition equipment i.e. adapted equipment for 8 - 12 year olds.

### SUPERVISION RATIOS:

Please note the exact number of Coaching Assistants and Leading Athletics deliverers (formerly Athletics Leaders) that could be supervised by any one Coach will be dependent on the content of the session, the environment, the space available, the number of athletes,





and the number of Coaching Assistants and Leading Athletics deliverers who are available to support and ensure best practice operating ratios. The decision regarding what is the best practice, to ensure the session can be delivered in a safe and developmental manner, to manageable numbers is ultimately the decision of the Coach.



When working with children and adults the advised ratio of adults (Coaches, Coaching Assistants) to children is 1:12 but with never less than two adults with a group at any one time.

The ratio for Leaders is also 1:12 provided that the Leader is above 18 years of age.

