



Surf Coach Re-Licence Form

Privacy

These personal details are being collected by Surf Life Saving Australia and its affiliated Branches and State Centres for the purpose of maintaining up to date records of SLSA Coaches. This information will not be disclosed to third parties. You have the right to access the information held about you by Surf Life Saving Australia.

Personal details

First Name	Last Name
Date of birth	Relicensing for Level 1 2 3 (Please circle)
Address	
Town	State Postcode
Phone (H)	Phone (W)
Phone (M)	Club
Email Address:	
Surf Coach Licence Number	Expiry Date

Code of Conduct - The SLSA Member Safety & Wellbeing Policy (Policy 6.5) can be found on the [SLSA website](http://www.slsa.com.au)

I have read, understand and agree to abide by the SLSA Member Safety & Wellbeing Policy and the Essence of Aus Sport code of behavior. I understand that disciplinary action may result if I breach any area in these policies.

Applicants signature

Date:

Reference Articles – Questions and articles can be found on the SLSA website, www.slsa.com.au.

Question	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Total
Answer																

SLSA Coach Re-Licence Personal Assessment (25 points towards re-licensing)

This Assessment should be carried out by a coach of higher or equal status

1. The assessor must review the listed documentation and attend at least one training session to observe the points listed.

	Level 1	Level 2	Level 3
Documentation			
Annual training plan			
Athlete monitoring (eg - attendance, time trials, results, weight, attitudes, heart rate)			
Self evaluation of sessions and programs			
Training session			
Goals set and communicated to athletes			
Give safety instructions and take precautions if necessary			
An appropriate warm up performed			
Instructions given in skill and (or) conditioning			
Ensure appropriate drills and (or) training			
Prescribe a warm down to end the practical part of the session			
Evaluate the session with the athletes			
Instructions need to be clear and simple (kiss)			
Communication needs to be positive			
Motivate and enthuse athletes			

Assessor's Name:	Club		
Signature:	Date:	Level	

State Endorsement	Marked Reference Article Questions	Checked that forms are complete	
Name: _____	Position _____		
Signature _____	Date _____		



Level 1 and 2 relicense applications should be forwarded with a cheque for **\$5.50** to your **State Centre** which covers endorsement and your license.

Level 3 relicense applications should be forwarded to your state centre (for notation only) with a cheque for **\$5.50** made out to **Surf Life Saving Australia** which includes endorsement and license.

SLSA's endorsed points system for maintaining status as a SLSA Surf coach is achieved by accumulating points. These points must be attained within the period of license and prior to December 31 in the year the license expires to maintain status as a licensed Surf Coach. The following table outlines the points to achieve and period of license for each level;

Level	Period of License	Points for Re-licensing
1	4 years	75
2	4 years	85
3	4 years	100

The schedule on the points tally page describes the credit points you receive for participating and achieving success in particular updating activities. Proof of activities is required for legal reasons; this can be in the form of full completion of this form and a copy of a completed logbook. Copies of any relevant documentation (eg articles, training logs etc) should be submitted with this form. The National Surf Coach Advisor retains the right to request additional information before granting a license.

Personal Assessments

All coaches must undergo at least one personal assessment every assessment period and must present evidence on the form provided when reaccrediting. Level 1 coaches may present 2 assessments over the four years for a maximum of 50 points. Level 2 and 3 can earn a maximum of 25 points per accreditation period. The following points are intended to serve as a guide to help when preparing for or when assessing the "Personal Assessment". An assessor must be an accredited coach of the same level or higher with a minimum 2 years experience.

An annual training plan should include such information as follows:

Levels	Information
1,2,3	An indication of the number and types of sessions to be done throughout the year/season. Also their timing (when?) This could be similar to the example in the manual.
2,3	Should indicate when the different phases occur.
3	Should give an indication of the approximate proportions of aerobic, anaerobic and speed (phosphate) training throughout the season.

- Coaches should at least monitor attendance, injuries and conditions.
- Information on good practice for a training session is well covered in the Level 1 Lecture notes and handbook.

Reference Articles

15 points can be acquired by completing the research coaching articles on the Internet. Questions and the articles can be found on the SLSA website, www.slsa.com.au.

Select on the home page, Members (top left corner), then Admin and Resources. Under the Admin and Resources library select Surf Sports, Coaches, Surf Coach Re-license questions (Articles for questions 14 and 15 can also be found here).

Copy and paste the website links to download copies of the articles to answer the questions in the table below. Please record your answers and date of completing the questions on page 1. If you are unable to access the Internet at all please contact your State Centre or SLSA.

Annual Training Plan

Level 1 – need only show the number of sessions per week through out the year for type of activity similar to the one in the Board chapter of the coaching Manual. Months can be used instead of Periods.
 Levels 2 – needs to indicate how all the components of fitness, psychology, tactics etc. are trained throughout the annual training periods. Both microcycles and macrocycles need to be shown.
 Level 3 – needs to cover all of level 2 requirements as well as show how the volume and/or intensity of training changes.



Up-Dating Activity	Points	Location	Date	Organisers		Max. Points Allowed	Points
				Name	Signature		
1. Personal assessment *	25					50-Level 1 25-L2 & L3	
2. Answer questions on reference articles	15					15	
3. Submit a current annual training plan showing details of training sessions	20					20	
4. Attend specialised coaching clinics, schools	10					20	
5. Attend an external sports course	10					20	
6. Present a session/lecture at a National Surf Coach Accreditation Course	15					30	
7. Conduct a practical module at a National Surf Coach Accreditation Course	15					30	
8. Attend a related industry accredited course eg SLSA Development Conf.	15					30	
9. Submit a training article for an SLSA publication	15					30	
10. Be appointed coach of a representative surf lifesaving team	15					30	
11. Conduct or present at specialised coaching Clinics/ schools	15					30	
12. Act as a mentor for a developing coach with a lower accreditation	10					20	
13. Coach a State medal winner #	10	Club event	year			20	
14. Coach an Australian medal winner #	15	Club event	year			30	
15. Coaching non SLSA sports	5					5	
• 4,5,6,7,8, 9, 10, 11, 13, or 14 (circle appropriate number)							
• 4,5,6,7,8, 9, 10, 11, 13, or 14 (circle appropriate number)							

* Compulsory # Supply competitor's name and signature

• Provide information in space provided or below to earn double points for activities 5, 9, 10, 11, 13 or 14 if they have been done twice.

Record the total points for the activity in the designated row above.

Provide details of any other activities that you have been involved in during the accreditation period, which you feel should be taken into account for your reaccreditation

TOTAL POINTS _____