



UWH Coach – Level 1 & 2

Update - Reaccreditation Assessment Task

Time Frame – 3 hours

Assessment task: Organise and conduct a practical coaching/teaching session of 60 – 90 minutes duration with a group of 2 – 8 participants. *Assessor note; A series or number of sessions may be required to demonstrate all performance criteria.*

Purpose of assessment: **Or** participate in a 3 hour upgrade session. *Assessor note; (if more than 8 participants, adhere to AUF Standards and Procedures for staffing guidelines.*
This assessment task will enable the coach to demonstrate competency in the areas of skills, emergency response, knowledge, and communication group management.

Assessment conditions:

The candidate will;

- Have an appropriate aquatic environment to undertake the assessment task.
- be permitted to re-present for assessment as many times as reasonable, in order to achieve competency.

Evidence required:

The candidate;

- must demonstrate all of the performance criteria as set out in the performance criteria checklist.
- must demonstrate the performance criteria consistently throughout the session(s). (i.e. more than once during the session.)
- must present themselves professionally attired in snorkelling and safety equipment.
- *must provide their own sporting and coaching equipment and arrange for a suitable number of athletes to be present.*

Assessment arrangements:

The assessment activity will take place;

Date: _____

Location: _____

Name of Candidate				Phone No:		
Organisation/Club				Lesson No:	Age of Group(s)	Experience
Assessor's name		NCAS ID:				
Phone No:						
Assessor's name		NCAS ID:				
Phone No:						



Performance Criteria	Assessor's Methodology & Comments as required	Demonstrates competency	Not yet competent
Coaching skills – basic			
<ul style="list-style-type: none"> Equipment is in working order e.g., fins, glove, mask and snorkel, puck and bat. Court set up subject to pool facilities. 	Observe, physically check		
<ul style="list-style-type: none"> Designated poolside and play area, identified and set up, subject to pool facilities. 	Observe		
<ul style="list-style-type: none"> Safely instruct, utilise and positively reinforce safety hand signals. 	On land and/or in water request demonstration		
<ul style="list-style-type: none"> Set up, encourage, reinforce and insist on the buddy system 	Observe		
<ul style="list-style-type: none"> Safely instruct and supervise the use and clearance of snorkel. 	Observe		
<ul style="list-style-type: none"> Instruct & Supervise entries and exits in pool and related surrounds 	Observe entries and exit suitable to location		
<ul style="list-style-type: none"> Safely instruct clearing mask from water with the appropriate technique. 	Demonstrate, request demonstration with buddy. Observe		
<ul style="list-style-type: none"> Safely instruct and supervise the removal and replacement of mask on surface. 	Observe		
<ul style="list-style-type: none"> Demonstrate, instruct, analyse and modify finning technique. 	Observe		
<ul style="list-style-type: none"> Demonstrate & instruct body control skills 	Demonstrate, request demonstration with buddy. Observe		
Anxiety Diffusion – appropriate in water client support			
<ul style="list-style-type: none"> Demonstrate on buddy: <i>High anxiety support</i>. Coach stands upright in-water, manoeuvre client upright by placing client's hands on your shoulders, ensure client's face (mouth & nose) is well buoyant of water. Take control of client, you may have to support them momentarily by holding waist firmly. Eyeball, Confident, gentle voice, reassure them. Let go of waist adjust equipment as necessary 	Demonstrate, request demonstration with buddy. Observe		
<ul style="list-style-type: none"> Demonstrate on buddy: <i>Moderate anxiety support</i>. <i>(Stage 1)</i> both coach and client lying horizontal in water. Student has one hand on Coach's shoulder and one hand on other shoulder (side saddle riding the back) Allows coach free hands whilst managing other students <i>(Stage 2)</i> Coach has one arm outstretched, parallel to surface on student's side. Student has one hand on coach's closest shoulder, one hand on coach's forearm. Coach has one free hand, as student gets more confident, they will just hold shoulder allowing coach two free hands 	Demonstrate, request demonstration with buddy. Observe		
<ul style="list-style-type: none"> Demonstrate on buddy: <i>Snorkel adjust support</i> Coach stands upright in-water, manoeuvre client upright by placing one of client's hands on your shoulders ('doe se doe' position, R shoulder to R shoulder or L to L) You have 2 free hands to adjust equipment. Manoeuvre them to other side by grasping their arm, twirling than as a dance move, placing their hand on your other shoulder. Never let go, maintain firm confident appropriate contact. 	Demonstrate, request demonstration with buddy. Observe		
<ul style="list-style-type: none"> Demonstrate on buddy: <i>Mask replacement support</i> Coach to stand behind client, with knee up, manoeuvre client to be supported on knee, Coach's bottom leg gently finning to maintain knee up position. Place mask (straps lifted above mask) in front of client's face, ask them to hold mask in position with their hands. Fit straps overhead. If necessary when finished, firmly hold shoulders, to manoeuvre them around. Eyeball them, give OK signal, expect return OK signal 	Demonstrate, request demonstration with buddy. Observe		



<ul style="list-style-type: none"> • Demonstrate on buddy: <i>Leg cramp support</i> Coach to cradle client one arm around back and shoulders, one arm around legs under the knee, on cramp side. Ask them to layback and bend affected side's knee. You may need to use arm to guide their bent leg and fin. Ask client to hold end of fin and gently stretch the leg.. Stretch gently until cramp relieved. Reassure talk to your client. Advise reduced activity on that leg or if appropriate, cessation of activity. 	Demonstrate, request demonstration with buddy. Observe		
Coaching skills – Advanced			
<ul style="list-style-type: none"> • Safely instruct, analyse and modify duckdive, 	Observe		
<ul style="list-style-type: none"> • Explain and demonstrate <i>equalising</i> appropriate to the age and experience level of the group. 	Demonstrate, request demonstration with buddy. Observe		
<ul style="list-style-type: none"> • Regularly check that equalising has occurred throughout the session particularly when students are duck diving at will. 	Observe		
<ul style="list-style-type: none"> • Impart basic skill <ul style="list-style-type: none"> ○ Terminology (forward, back, striker) ○ Positioning on the pool bottom ○ Puck skills (puck pushing & manoeuvring; passing; feint (multi directions); curling) 	Demonstrate, request demonstration with buddy. Observe		
<ul style="list-style-type: none"> • Impart understanding of basic offence and defensive tactics relating to: <ul style="list-style-type: none"> ○ Players positioning (role and responsibilities); ○ Team Positions (role and responsibilities); ○ Team Strategy; and ○ Counter Strategy 	Demonstrate, request demonstration with buddy. Observe		
<ul style="list-style-type: none"> • Demonstrate, common sense, safety awareness and impart confidence in the pool environment (varying depths (1.5 - 3 meters) 	Observe		
Emergency response			
<p><i>Tow tired diver (Do-si-do method)</i> Rescuer's arm brought from above shoulder, placed under armpit and angle fist so as to push up into back. Results in providing diver with greater buoyancy and uplift of the chest. Remove snorkel, leave on mask.</p>	Demonstrate, request demonstration with buddy. Observe		
<p><i>Emergency Scenario - Shallow Water Blackout.</i></p> <ol style="list-style-type: none"> 1. Swim 50 metres, dive, recover and rescue a simulated "unconscious" snorkel diver from 3 metres depth. 2. Duck dive, secure casualty, drop weight belt, yours, theirs or both, as is the easiest for the situation, leave casualties mask on. 3. Clasp 1 hand to back of head. 1 hand to chin, to keep mouth shut, clamp down, as would a vice. Grip body between forearms and swim them vertically to the surface. 4. Maintain their airway buoyant above surface. 5. Slip off mask and place over hand that is holding back of head. Blow over the face, mouth and nose and "Say breathe, (name) breathe. 6. If they do not come to, Call for assistance. Give then 2 breaths. Remove from water as soon as possible so that CPR can commence. 7. Tow the diver to shore. If immediate exit is impossible, commence Deep Water Resuscitation (EAR). Use floatation aid, (dive float) 8. Call for assistance to remove victim from water. (Avoid rescuers back injury) 	Demonstrate, request demonstration with buddy. Observe		



9. Simulate call for medical assistance. Report –place, people, problem, progress 10.Continue ‘DRS’ ABCD’. Maintain airway, check pulse and simulate/describe application of CPR, (no chest pressure). 11.Demonstrate management of casualty if they vomit. 12.Demonstrate management of casualty if they regain breathing and heart rate. 13.Place in casualty in recovery position.			
Respond to emergency situation(s) as they arise.	Demonstrate, request demonstration with buddy. Observe		
Knowledge & Communication			
Source information, communicate individually and holistically to team members; • competition times, venue, travel requirements- to ensure appropriate player arrival & preparedness • Appropriate meals, accommodation and personal health arrangements	Observe actions, ask relevant closed and open questions		
Initiate, communicate, seek clarification with other staff and hierarchy on suitable plan for session.	Observe, ask closed and open questions		
Coaching groups			
• The proposed session meets the needs of the athletes.	Observe		
• Assumes responsibility of all participants during the operation of the training session.	Observe		
• Quickly organise a group, and move efficiently from activity to activity.	Observe		
• implement a series of skill development activities appropriate to the level of the athletes.	Observe		
• customise teaching methods to suit the level of the athletes.	Observe		
• progress the session and link a series of skills to enable the athlete to perform an overall task or game routine.	Observe		
• provide constructive feedback to the group in a positive manner.	Observe		
• implement positive and appropriate communication strategies in one to one situations.	Observe		
• use appropriate non-verbal communication in the aquatic environment; i.e. the basic dive signals.	Observe		
• analyse strengths and weaknesses of own teaching methods.	Observe, ask closed and open questions		

Log book. Or documented ongoing coaching/teaching evidence detailing the last 2 years activities .
Evidence will need to be provided in writing for review by AUF National or State Director of Coaching

Result	<input type="checkbox"/> Candidate has achieved competency	<input type="checkbox"/> Candidate is not yet competent
Reasons for decision:		
Assessor signature(s):	Candidate signature	
Date:	Date:	
Comments / feedback on assessment process		

