



Foundation and Advanced Coach terminology

This document should be read before the Foundation Skills Coach manual. It is aimed at helping you understand the terminology and abbreviations used in the manual. Much of the terminology used is to standardise the course with agreed terminology across the sporting sector.

Terms

CIMSPA - the Chartered Institute for the Management of Sport and Physical Activity. The professional development body for the UK's sport and physical activity sector who are developing and implementing a single, clear and rigorous set of standards for all sport and exercise professionals, with a similar clear and rigorous system for assessment, and awarding and validating qualifications.

CPD – Continuing Professional Development. As a British Skydiving Coach or Instructor you have a commitment to ongoing training that ensures best and correct practice. This will be a combination of being up to date with coaching theory and relevant skydiving techniques. This will need to be demonstrated when renewing your qualification. More information is available in the British Skydiving Foundation Coach CPD form.

1st4Sport - are an awarding organisation recognised and regulated in England by Ofqual, they are further regulated in Wales by Qualifications Wales, and in Northern Ireland by the Council for the Curriculum, Examinations and Assessment (CCEA). They will be providing the External Quality Assurance (EQA) for the British Skydiving qualifications.

Learner – the trainee coach undertaking the British Skydiving Foundation or Advanced Coach course

Ofqual - the Office of Qualifications and Examinations Regulation (Ofqual) regulates qualifications, examinations and assessments in England. British Skydiving Coach ratings come under vocational and technical qualifications.

Participants - the British Skydiving members who will be coached by the Foundation and Advanced Coaches.

Training Provider – this can be an organisation or person who is approved by British Skydiving to provide training (via **Tutors**) and assessment (via **Assessor**) for the British Skydiving Foundation Coach qualification. Their processes and quality

are maintained by internal quality assurance (IQA) by British Skydiving and external quality assurance (EQA) by 1st4Sport

Tutor - is the subject matter expert at the Training Provider who is approved by British Skydiving and teaches the learner coaching and technical skydiving skills. To be a tutor you will need to have undertaken British Skydiving Workforce training and to:

- hold or be working towards a recognised Level 3 sports coaching qualification or above with a demonstrable high level of skydiving skills in that discipline, or
- hold or be working towards a recognised teaching qualification with a demonstrable high level of skydiving skills in that discipline, or
- be an Advanced Instructor or Instructor Examiner with a demonstrable high level of skydiving skills in that discipline

Assessor – the person at the Training Provider who assesses that the learner has the required level of knowledge and skill to be awarded the British Skydiving Foundation Coach qualification. To be an Assessor you will need to have undertaken British Skydiving Workforce training and to

- be an Advanced Instructor or Instructor Examiner

Note – The Training Provider, Tutor and Assessor could all be the same person if suitably qualified.

UKCoaching – develops world class content to make lasting improvements to coaching in the UK, collaborating with British Skydiving to provide coaching knowledge and information from grass-roots through to elite performance levels. While an amount of content is provided for free, the majority of content will need an annual subscription to access.

Course

As part of British Skydiving's remit to advance skydiving in the UK we have created the Foundation Coach qualifications. These are the first of the three levels of British Skydiving Coach qualifications which are recognised by Ofqual and aligned with the professional standard set by CIMSPA.

The manual will explain the process and costs for becoming a Foundation Coach. It will take you through the online content provided by our partner UKCoaching to prepare you for the face to face learning and assessment you will receive at a Training Provider.

The Aims

The aims of the new British Skydiving Coach qualifications are to provide:

- A consistently high standard of coaches, with a nationally recognised accreditation awarded by an external body and recognised across all sports
- A structure to allow coaches to develop and grow on their coaching journey
- The highest standard of theory and practical knowledge from across the sporting sector
- The highest standards of coaching for our members so they can develop their skills, enjoy their skydiving and grow within the sport.

British Skydiving Coach qualifications

There are three levels of coaches.

- **Foundation Skills Coach** – Qualification needed to coach 1-on-1 basic skills. Once qualified, and with the appropriate knowledge and experience, can coach groups and teams.
- **Advanced Skills Coach** – will have demonstrated the knowledge and experience to create programmes to develop individuals or teams, groups or running events
- **Performance (Elite) Coach** – aimed at elite competition performance at National or International level.

These are standalone qualifications recognised by Ofqual, but also aligned to the CIMSPA [Coach professional standard](#), which will be awarded once you have gained both the Foundation and Advanced Coach qualifications, and the CIMSPA [Coaching in High Performance Sports professional standard](#), awarded once you have gained the Performance Coach qualification.

The current British Skydiving Coach rating will continue to run in parallel with the new British Skydiving Foundation Coach qualification.

As a British Skydiving Foundation Coach, you will be coaching newer, low experienced members who are looking to learn and develop new skills. This comes with a great deal of responsibility, as you will directly influence how they perceive the sport and your chosen discipline going forward. This course will help you to be the best coach you can be.

The key skill is to coach the person in front of you. You need to ask questions and listen to them, about their abilities, experience, knowledge, goals and motivation. You will then be able to develop a coaching plan which is tailored to them, and which is both challenging and enjoyable.

You will be trained not only in the technical skills of your discipline, but also the wider skills needed to be a great Coach, with ongoing support to develop those skills through the CPD programme, or as you work towards the Advanced Coach qualification.

The process and costs

The Foundation Coach Manual (FCM) contains a programme of guided learning that will take you, at your own speed, through British Skydiving specific content and generic coaching content from our partner, UKCoaching. Each of these sections are aligned to part of the CIMSPA professional standard. Once you have completed the online learning section, you will need to sign up to a British Skydiving approved Training Provider (a list can be found at www.xxxxxxx) where you will receive face to face training on the skills of being a Coach and the technical skydiving skills. When this is complete you will be assessed via a questionnaire, observed ground training and two skydives.

Costs

To gain access to the UK Coaching content there is an annual £12 fee, and a one off **£35 fee** (to be confirmed) per qualification to register with 1st4Sport, who are our external quality assurance body.

The Training Provider will also charge a fee for the training, assessments and in-air evaluations. Further development and re-evaluation may be required to complete the qualification if you don't meet the standard first time. For a more in-depth breakdown of costs for this element, and to discuss any specific requirements you should speak directly to a Training Provider.