



**1st4sport Level 2 Certificate in Coaching Wheelchair Rugby (QCF)**

Date of next course	11 <sup>th</sup> & 12 <sup>th</sup> February & 25 <sup>th</sup> & 26 <sup>th</sup> March
Course timings	9.00am to 5.00pm
Course location	University of Gloucestershire Oxstalls Campus, Oxstalls Lane, Longlevens Gloucester GL2 9HW
Cost	£325 GBWR MEMBERS // £375 NON-MEMBERS
For info Contact	paul.arnold@gbwr.org.uk
For Bookings Contact	danielhook@rfu.com

**Course Structure and Requirements**

1st4sport Level 2 Certificate in Coaching Wheelchair Rugby (QCF) is a 4 day course and covers the following topic areas; The Learning process, Role & responsibilities, Coaching process, Planning coaching sessions, Coaching younger players, Coaching different impairment groups, Nutrition & drug awareness, Fitness, delivering effective practice, practical delivery & assessment.

Learners will be required to take an active part of all 4 days of the course.

Workbooks for the coaching course will be provided in electronic and written forms, but all work will be submitted electronically. Learners will have access to the printed copies, but it is beneficial to have access to the electronic copy via a tablet or laptop during the course. Learners will also need access to a Rugby Chair for the course, please notify GBWR if you do not have a rugby chair to use.

Day 1 & 2 of the course is predominantly theory based and will take place in a classroom. There are 2 practical afternoon sessions during this part of the course; learners are required to take an active part in these sessions, as players and coaches.

Learners will be required to complete 4 written tasks in their own time between the two course weekends. Learners will also be required to plan, document and deliver 4 linked progressive, coaching sessions in a club environment, between the two course weekends.

Day 3 & 4 of the course are completely practical based, where learners will be required to coach as well as be players for other candidates coaching sessions. Learners will be required to deliver pre-planned coaching sessions and be assessed during this part of the course.

A £50 deposit will be required to reserve a place and full payment will be required one month prior to the course start date.

**Pre-Requisites**

Learners will be at least 18 years of age.

Learners will have a 1st4Sport level 2 qualification in an invasion game and attended the GBWR Safe session training;

Or have at least 2 years wheelchair rugby playing experience, in a recognised GBWR club;

Or be actively and regularly volunteering in wheelchair rugby in a coaching/coach assisting capacity, for at least two years in a recognised GBWR club;



Leaners will be able to communicate effectively in English

Leaners will be appropriately identified

Candidates are required to have a current SportsCoach UK Safeguarding certificate or will be required to attend the SportsCoach UK safeguarding workshop, before Level 2 certification.