

Certificate in Coaching Motorsport *1st4sport, Level 2*

Motorsport UK has developed the Certificate in Coaching Motorsport (1st4Sport, Level 2) to set the standard for coaching in motorsport.

The qualification will provide both personalised and collaborative experiences to develop and support coach learning, using a blend of face to face and online videos and workshops as well as practical observation and expert insights. It will cover technical, tactical, physical and mental skills and more importantly, the underpinning coaching principles drawn from best practice within the sporting industry.

This course is for anyone that's supporting and developing a driver at any stage of their career from grassroots right through to elite. You might be an existing instructor or motorsport coach wanting to develop your skills, or you may be brand new to motorsport coaching. You might even be fulfilling a different supporting role in the industry such as a motorsport engineer, team manager, a parent or even a driver coaching another driver. Whatever your motivation, this course will cover everything you need to know to make your coaching more successful and more effective.



What to Expect

Designed in collaboration with UK Coaching and 1st4sport Qualifications, the course will require commitment from the candidate to complete the following:

- Pre-course reading
- 13 weeks delivery
- 2 workshops
- 9 videos
- 6 webinars
- Practical Coaching
- 16 Tasks
- Final Assessment
- CPD Plan

How much time commitment is required?

This qualification requires commitment - you will be looking at approximately 2-3 hours per week of independent work, outside of the course delivery described above. This will include pre-course reading, tasks, session planning and practical coaching.

What does the Practical Coaching involve?

The practical coaching will form part of the 'Applied Coaching block'. For this you will need to complete a minimum of 5 coaching sessions with a participant. Ideally, these 5 sessions will be with the same driver/co-driver, but they can be with different co/drivers if needed. You will be responsible for organising a participant to coach and the sessions will take place outside of the course delivery.

Where are the workshops and assessments based?

The workshops, and assessment, will be based at Motorsport UK's HQ at Bicester Heritage. Candidates will be responsible for arranging their own travel (and accommodation, if required) and where possible workshop 2 and the final assessment will be on consecutive days. Lunches will be provided on both workshop days, but not on the assessment day where you will be required for up to 2 hours for your assessment slot.

Attendance at the workshops is mandatory as part of the qualification so please check the dates are suitable.

If the demand is there, we will look to take this programme 'on the road' in the future.

What times are the webinars?

Generally, the webinars will be held in the evenings on delivery days from 19.00-21.00. If you join the qualification you will be expected to be available and present for all of the live

teaching hours which includes the webinars. We understand there may be exceptional circumstances whereby you are not available to attend. Please notify the Coaching team as soon as possible if this is the case and we may be able to facilitate alternative options in exceptional circumstances.

Qualification Pre-Requisites

- Be accurately identified (usually through presentation of photo ID such as a passport)
- Be at least 17 years of age (18 years prior to certification)
- Hold an instructor licence with ARDS/BARS/ARKS/AHASS OR evidence relevant equivalent technical competence / sporting experience
- Have access to a device for the online resources and webinar delivery, ideally a laptop or PC
- Hold a full UK driving licence
- Be able to communicate effectively in English (listening, speaking, reading and writing).

Qualification Fees

The cost of the qualification is **£595** which includes the workshops, webinars, online modules and practical assessment, all coaching resources, educator support and the learner registration fee to 1st4sport as well as the initial Motorsport UK Coach Licence.

Course Dates & Application Process

Register your interest here: <https://www.motorsportuk.org/get-started/coaching/> to kick start the application process. Once your interest is registered, the Motorsport UK Coaching team will send you:

- Course delivery date options
- Qualification application form

Places will then confirmed upon review of your experience and suitability to the qualification.

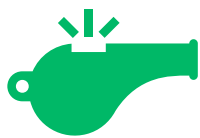


What will the Certificate in Coaching Motorsport Cover?

The Certificate in Coaching Motorsport course will cover a range of interesting modules which will utilise existing knowledge as well as introducing you to new topics.

This course is structured using the following topics:

What will the Certificate in Coaching Motorsport Cover?



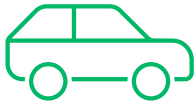
Welcome to Coaching

- Introduction
- The role of the coach



Workshops

- Session preparation
- Coaching theory & practice
- Practical safety
- Performance psychology
- Common driving mistakes
- Simulators, data and video



Driving Skills

- Key terminology
- Seating position
- Vision
- Friction Circles



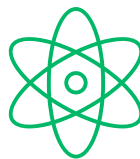
Applied Coaching Block

The applied coaching block is dedicated to the completion of 4 coaching sessions. These sessions will be planned, executed, and reflected on during this time.



Coaching Theory

- Communication methods
- Coaching Principles
- Skill acquisition



Sports Science

- Intro to Sports Science
- Fitness & Nutrition



Effective Development

- Development plans
- Participant centered coaching



Compliance

- Managing a compliant operation



Coaching Tools

- Simulator hardware
- Coaching from video & data



Final Assessments

By the end of the course, the coaches will:

- Understand their role as the coach
- Understand the coaching theory and apply this within their coaching
- Have the ability to plan and deliver an array of coaching sessions
- Use tools to help aid their coaching
- Have a basic understanding of sport science
- Prepare the environment for coaching
- Evaluate coaching sessions to reflect on personal practice



Coach Licence

To support you as a qualified motorsport coach, there will be several benefits and resources outside of the course that will help with delivery. Those who have completed the Certificate in Coaching Motorsport (1st4Sport, Level 2) qualification will be eligible to apply for a Coach Licence which come with the following benefits:

- Motorsport UK **Coach Licence card**
- **Coach Merchandise** and discount on further garments
- **Motorsport UK Coach logo** for use on personal clothing, websites, and marketing materials
- Access to **Continuous Professional Development** opportunities and facilitated learning via the Coaching Hub, workshops, conferences
- A profile on a **Coach Finder** tool hosted on Motorsport UK's website
- **Coach Insurance** – The level of insurance available to you will be confirmed upon application and will be based on your coaching role e.g. either a Driver Coach or Support Coach. The maximum level of insurance available will be as follows:
 - **Public Liability Insurance** – as a qualified coach you will be insured for up to £10 million Public Liability insurance arranged by Bluefin Sport, covering you if you are found to be legally responsible for causing bodily injury to third party (such as a member of the public or another member) or for damage to a third party's property.
 - **Personal Accident Cover** – We know that as well as being a dedicated coach you may train and compete regularly yourself. Personal Accident insurance arranged by Bluefin Sport, means you can do this 365 days a year with peace of mind that you are covered along the way for a range of benefits, without worrying about being not having protection if an unfortunate accident should occur.
 - **Professional Indemnity Insurance** – as a qualified coach you will be insured for £10 million worth of Professional Indemnity insurance meaning that you are protected for claims made against you in the event you cause an injury or financial loss caused by a negligent acts, errors or omissions during coaching activities and services provided to your drivers or co-drivers.

The initial coach licence fee is included in the price of the Certificate in Coaching Motorsport (1st4Sport, Level 2) fee. Thereafter, the coach licence will require renewal every three years following a refresher assessment – the cost of the renewal is TBC and will be communicated as soon as possible.

Insurance Grades

1. **Driver Coach** – these candidates will have evidenced that they have the technical understanding and experience of being sat in a car with a driver and are competent from a safety perspective. They will be a minimum of ARDS instructor level B, BARS or ARKS instructor level A, an AHASS instructor or have relevant equivalent driver coaching / instructing experience.
2. **Support Coach** - these candidates will be in a support coaching role (e.g engineer, team manager, fitness coach, data coach etc) and will be required to sign a declaration that they understand they are insured only within a Support Coach remit.