

# Scottish Curling

## UKCC Level 1 Coaching Course



### About

The UKCC Level 1 Coaching course is the first stage of the Scottish Curling coaching qualification pathway. The course provides each candidate with the basic knowledge of curling and introduction to the 'How to coaching skills'. Following the completion of the course, candidates will be able to introduce new participants to the sport and improve their basic playing skills. It is also an opportunity for existing coaches who wish to learn about new coaching methods and up to date techniques.

There is an on-ice element lasting 2hrs. Within this section the tutors will reaffirm the 'How to coach' skills along with using technology such as lasers. In addition, each coach will have the opportunity to deliver a micro-coaching session which will go towards the accreditation paperwork (15 mins). This will allow candidates to put the theoretical part of the course into practice.

### Outline

This course is organised by an approved coaching centre and delivered by Scottish Curling accredited coach tutors. It will last approximately 19 hours, made up of the following:

- A period of self-directed study pre course (1hr).
- An on course learning programme with direct tutor contact time (8 hours, 1 Day).
- During the on course learning programme the candidate will be required to deliver a micro-coaching session that counts towards final accreditation. (15 minutes).
- The second phase involves a period of applied coaching during which the coach will have the opportunity to apply their learning and practice their coaching skills. This will be evidenced in the coaching logbook/ accreditation paperwork as a minimum of 4 sessions with 4 session plans included. (10 hrs.)

Each coach will have the full support of the coach tutors, assessors and support from the Workforce Development Manager.

Level 1 course participants will be given the information and tools to enable them to:-

- Safely organise and supervise curling sessions.
- Contribute to the planning of the session.
- Promote high standards of behaviour with players, other coaches, parents and volunteers within the curling environment.
- Deliver and instruct several technical elements of curling including; NBS delivery, sweeping, tactics, communication and basic game play.
- Discuss and agree the session plan and their role in the delivery of it.
- Identify and adapt sessions for a variety of different age groups and level of competence.
- Discuss the session and evaluate with the lead coach and provide constructive feedback to participants.
- Demonstrate an awareness of further development opportunities in curling for participants.

In order to fully accredit, completion of a PVG membership form must be submitted; failure to do so will result in the coach being unable to deliver sessions within Scottish Curling.

### Requirements/ pre-requisites

- Be at least 15 years of age on the day of the course.
- Have an active interest in curling.
- Registration on the Safeguarding & Protecting Children course.\*

Scottish Curling • 2A Ochil House • Springkerse Business Park • Stirling • FK7 7XE  
Tel: 0131 333 3003 • e-mail: [office@scottishcurling.org](mailto:office@scottishcurling.org) • Website: [www.scottishcurling.org](http://www.scottishcurling.org)

#### For office use only

Date	Pay-in No	N/C	Entry No.	Amount	T/C
		4221		£48/£80	T2

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Please note: It is now a Scottish Curling requirement that all new Level 1 coaches must have a valid Safeguarding & Protecting Children (SGPC) certificate or have registered on an SGPC course prior to attending.

### Application Form

Completed application forms should be returned to:

Scottish Curling  
2A Ochil House, Springkerse Business Park  
Stirling, FK7 7XE

Course cost; £48\* members or £80 for non-members. \*A subsidy of £32 has been provided for UKCC (facilitated through sportscotland) to reduce the cost for all Scottish based coaches. Please note; evidence of membership number will be required upon booking.

#### Payment is by:

Cheque

Payment over the phone

Payment by BACS to Scottish Curling

**Do not process payment until confirmation of your place has been received by the Scottish Curling Office.**

**Sort Code:** 80-02-27 **Account Number:** 00979468 **Reference:** Name & Course

Please complete all sections in **BLOCK CAPITALS**

Course Date	
Course Venue	
Title	
Candidate Name (to appear on certificate)	
Date of Birth	
Address	
Postcode	
Telephone	
Email (please ensure email is clearly written)	
Scottish Curling membership number	
Do you have a Disability or any special requirements to help you access the course? If yes, please describe	

Coaching commitment	Less than once per month		Once per week	
	1- 5 hours per week		5 -10 hours per week	
	10 - 20 hours per week		20+ hours a week	

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### Media and Photographic Consent

I \_\_\_\_\_ give consent/withhold consent to the photographing/videoing/livestreaming and publication of images taken for the purpose of Scottish Curling marketing/training.

\_\_\_\_\_ (Signature) \_\_\_\_\_ (Date)

N.B: Consent will be assumed to have been given in the event of permission forms being left blank

In addition, I have read and I agree to abide and be bound by Scottish Curling Code of conduct.

**Scottish Curling is committed to protecting your privacy. By completing this/these form(s) your personal information will be held and used in line with our [Privacy Notice](#).**

Signed	Date
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