



Level 2 Intermediate Recreational Running Coach

Information for Course Participants

The **Level 2 Intermediate Recreational Running Coach** course trains coaches to develop the fundamental technical and strategic skills for runners training for 5km through to marathon events. It is particularly useful for personal trainers who are looking to move into the endurance and long run training space.

The Level 2 Intermediate Recreational Running Coach Accreditation Course and materials have been designed to ensure that candidates:

- Develop coaching skills in communication and instruction, safety, organisation and the management of groups.
- Develop skills and understanding of fundamental drills, movements and training principles for coaching recreational runners.
- Are engaged in their learning process by delivering informative and interactive training and assessment throughout the course.
- Have the information to begin and continue to learn to deliver a training session for recreational runners
- Are practically assessed regarding their capacity to manage and instruct recreational runners.

Roles and Responsibilities after Accreditation

The *Level 2 Intermediate Recreational Running Coach*, will be able to:

- Coach clubs, squads, individuals and groups of runners to assist them to:
 - Compete in organised recreational running events for competitive purposes.
 - Participate in recreational running for social and personal fitness purposes.
- Plan and conduct training sessions for a variety of recreational runners.
- Assist 'higher level' coaches to deliver a training period or cycle to prepare runners for a targeted competition.

Coaching is an on-going learning process, there is always new information unfolding about the coaching process. Coaches need to be lifelong learners and Level 2 Intermediate Recreational Running Coaches are encouraged to avail themselves of every opportunity to increase their skills and knowledge, including gaining the next level of accreditation.

Course Duration

The Level 2 Intermediate Recreational Running Coach course is an 8 hour course. Usually the timetable for the face-to-face component (and the only component) of the course is from 8.30am-5.15pm.

Course Prerequisites

Prior to the commencement of the Level 2 Recreational Running Coach Accreditation, it is recommended that coaches:

1. Have worked as an Assistant Coach for a period of time, under the mentorship of an experienced coach, having previously acquired the Level 1 Community Athletics Coach (formerly Beginning Coach) accreditation **or**,



2. Have acquired previous coaching experience equivalent to the Level 1 Community Athletics Coach (formerly Beginning Coach) **or**,
3. Have acquired registration as a Personal Trainer with either Fitness Australia or Physical Activity Australia*.

*If you are a **personal trainer** with a certificate 3 or 4 and you have not completed the Level 1 Community Coach Course you need to fill in a form which you will receive once you have applied for your course along with a scanned copy of your personal trainer certification/s via email to Blair Taylor at Athletics Australia (coachaccreditation@athletics.org.au). You must have completed this prior to your course.

Candidates for the Level 2 Intermediate Recreational Running Coach course *must be an Athletics Australia Accredited Athletics Coach* and therefore will have met all the conditions of Accreditation.

1. Current competence as a Level 1 athletics coach.
2. Have met the requirements for Member Protection.
3. Have agreed to abide by the Coaches Code of Conduct.
4. Are registered and financial with Athletics Australia.

Face-to-face Component

100% attendance of the face-to-face component of the course is required.

The course schedule includes:

- Coaching Pathways and Responsibilities
- Developing the Skills of Coaching, Training Principles & Fitness Components
- Warm Up and Cool Down and Circuit Training Practical Session
- Endurance Running
- Planning Training Sessions & Programs
- Peer Coaching
- Race Day Strategies

The Course includes two Assessment Tasks- Planning Training Sessions and Programs and Peer Coaching.

Course Participant Resources

Each participant attending the L2 Recreational Running Coach course will be required to download the following resources prior to arrival to the course:

- Participants Manual – containing course information and skill analysis

What to bring/wear

Course participants should bring paper and pen, hats, water bottles, sunscreen, appropriate clothing to allow physical activity (e.g. joggers, shirts that provide protection against the sun). Morning and afternoon tea will be provided but participants should bring their own lunch.

Costs, Venues, Closing dates

Queensland Athletics and Athletics North Queensland coordinates L2 Recreational Running Coach Courses for a cost of \$220/participant.

Generally the minimum number of participants to effectively conduct this course is 9. The decision as to whether a course will go ahead or not is at the discretion of Queensland Athletics. If a course is re-scheduled a participant will be offered a full refund or have the fee transferred to a future course. In certain circumstances a course may go ahead with fewer participants; however in such instances cost per participant may vary depending upon the region/area in Queensland at which the course is to be delivered.

Intending participants should register online via the Queensland Athletics website www.qldathletics.org.au or fill in a registration form via Athletics North Queensland website



www.athleticsnorthqld.org.au (under the Coaching tab). Registrations close 10 days prior to each course.

Appeals, Complain, Grievances

Please contact Queensland Athletics for South Queensland in writing or via email at info@qldathletics.org.au . Please contact Athletics North Queensland for North Queensland in writing or via email at development@athleticsnorthqld.org.au .

Refund Policy

The Athletics Australia refund policy is below.

Notification of withdrawal from the course in writing or via email:

- Up to 30 days prior to commencement of the Course = Full refund
- Up to 14 days prior to commencement of the Course = 50% refund; not withstanding other than extenuating circumstances such as a death in the family or similar; and Queensland Athletics will offer to transfer the registration to a future date for those that are unable to attend the course, with the inclusion of a \$20 administration fee.
- Less than 14 days prior to commencement of the Course = No refund not withstanding other than extenuating circumstances such as a death in the family or similar; and Queensland Athletics will offer to transfer the registration to a future date for those that are unable to attend the course, with the inclusion of a \$20 administration fee.

Contact

For further enquiries or information about the Level 2 Intermediate Recreational Running Coach accreditation course or any Athletics Coach Accreditation courses please contact:

South Queensland:

Queensland Athletics
PO Box 249, Sunnybank, QLD 4109
Email: info@qldathletics.org.au
Phone: 07 3343 5653.

North Queensland:

Athletics North Queensland
Dayne O'Hara (ANQ Development Officer)
Email: development@athleticsnorthqld.org.au
Phone: 07 4721 4998