

1st4sport Level 2 Certificate in Coaching Skydiving Foundation Skills

Qualification Specification



About Us

Welcome to 1st4sport, established in 2000, 1st4sport are an industry specialist recognised awarding organisation regulated in England by the Office of the Qualifications and Examinations Regulator (Ofqual), in Wales by Qualifications Wales, and in Northern Ireland by the Council for the Curriculum, Examination and Assessment (CCEA) Regulation.

Serving the needs of the sport, physical activity and active leisure industry; our niche status is emphasised through our accomplished people, network of esteemed industry partnerships and our culture of excellence. We have an outstanding reputation; evidenced through the loyalty we receive from our trusted partners, recognised centres and most importantly our learners.

We have a proven track record; offering of valid, value-added, educational solutions and services and outstanding customer care. Our offer includes sector specific qualifications and pathways, and a range of relevant high-performing educational services; underpinned by leading digital solutions. The majority of these are developed and deployed in partnership with governing bodies of sport and other sector specific professional organisations. More than any other awarding organisation, our knowledge of the industry and our continuous cross-sector network enables us to understand the direction of our sector.

Our involvement in shaping our sector has been significant and we continue to be the awarding organisation that partner and representative organisations turn to for guidance on the direction of travel, as appropriate to the needs of our partners, centres, industry employers and learners.

Our Mission: To deliver excellent educational solutions and value-added services to sport, physical activity and the active leisure industry.

Our Direction: We aim to support the ongoing professionalisation of our industry; supporting employment, growth, sustainability and success. We embrace performance, participation and health agendas. Our objective is to continue to support our respected partners, providers and learners.

Qualification Specification

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| Title: | 1st4sport Level 2 Certificate in Coaching Skydiving Foundation Skills |
| Qualification Overview: | Gives learners the knowledge, skills and confidence to plan, deliver and review Skydiving (Foundation Skills) sessions on a 1-to-1 basis. |
| Qualification Code: | L2CCSFS |
| Qualification Regulation Number: | 610/1156/3 |
| Guided Learning Hours (GLH): | 72 |
| Total Qualification Time (TQT): | 121 |
| Credit Value (if applicable): | Not applicable |
| Operational Start Date: | 01/07/2022 |
| Qualification Review Date: | 30/06/2025 |
| Learner Registration Period: | 2 years |
| Qualification Objective: | This qualification qualifies learners to become a Skydiving Coach of Foundation Skills. |
| Qualification Purpose: | Prepare for employment in a specific occupational area. |

Who is this qualification for?

The qualification is designed for those starting their coaching journey and who wish to become involved in coaching 1:1 sessions. The 1st4sport Level 2 Certificate in Coaching Skydiving Foundation Skills is the first coaching qualification you will complete on your journey in coaching skydiving. Learners are required to already have evidence of a minimum of 200 freefall descents and 2 hours of freefall time and have been involved in Skydiving for a minimum of 2 years

Qualification Progression

The qualification sits within a suite of progressive coaching qualifications and supports direct progression onto the 1st4sport Level 2 Certificate in Coaching Skydiving Advanced Skills and is focussed on the planning, delivering and evaluating linked and progressive sessions with groups and teams. The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in coaching sport, activity leadership, supporting PE in school sport or sports development.

This qualification may lead to paid or voluntary roles in coaching skydiving.

Entry Requirements

Learners must be a minimum of 16 years old at registration and 18 years old at certification.

Pre-requisite(s) or other entry requirements

The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification and any barriers that may disadvantage a learner under the Equality Act 2010 are considered and outcomes recorded during the application process.

Prior to registration learners are required to:

- be accurately identified
- be at least 16 years of age
- be able to undertake this assessment in English or Welsh (if available)

Assessment Methods

The assessment methods used in this qualification are:

- Portfolio of Evidence (in 1 of 3 mandatory units),
- Practical Demonstration/Assignment (in 2 of 3 mandatory units)

Reasonable adjustments can be applied to these assessments in line with 1st4sport Policy Statement: Access Arrangements.

Grading Methods

This qualification will be graded Pass / Fail.

Qualification Structure

Learners must successfully complete all mandatory units to achieve this qualification.

Mandatory Units

| Unit ID | Unit Title | GLH |
|------------|---|-----|
| Y/650/3354 | The role of the coach for foundation skills in skydiving | 25 |
| R/650/3352 | The coach in practice within foundation skills in skydiving | 22 |
| T/650/3353 | Technical coaching requirements for at least one discipline within the British Skydiving Grading System | 25 |

Optional Units

There are no optional units in this qualification

Pathway Units (where applicable)

There are no pathway units in this qualification

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| Unit Title | The role of the coach for foundation skills in skydiving |
| Unit Aim | This unit aims to develop the coach's knowledge of the technical coaching requirements within a chosen discipline grade (FS1, CF1 & 2, FF1 & 2, SS1, WS1 & 2 and TR1,2 & 3). |
| Unique Unit Number | Y/650/3354 |
| Unit Assessment Method(s) | Practical Demonstration/Assignment |
| Assessment Specification | Learners must be assessed demonstrating their knowledge, understanding and skills for coaching the technical requirements for at least one chosen discipline within the British Skydiving Grading System across a minimum of 4 activities, at least 2 of which are ground-based and 2 are jump-based. Any foundation Skydiving skills included in the activities must be delivered and implemented in accordance with the British Skydiving Operations Manual Each jump-based session must be coaching a different skill. A minimum of one of each of the ground and jump based sessions must be linked and progressive for at least one participant. |

Learning Outcome: 1. understand the role of the coach for Foundation Skills in skydiving

| Assessment Criteria The learner can: | Indicative Delivery Content |
|--|--|
| 1.1 Describe the role of the Foundation coach in Skydiving | <ul style="list-style-type: none"> • the role of the Foundation coach, its boundaries and adherence to codes of conduct • the importance of building relationships and rapport with others • the ethos of the participant-centred approach • the importance of being a role model and professional practice • the coaching process of plan - do - review • the awareness of participation opportunities available to participants in skydiving |

Learning Outcome: 2. know the responsibilities of the coach of foundation skills in Skydiving

| Assessment Criteria The learner can: | Indicative Delivery Content |
|--|---|
| 2.1 Define the responsibilities relating to rules and regulations of the coach of foundation skills in Skydiving | <ul style="list-style-type: none"> • The overarching legal and skydiving specific responsibilities • the British Skydiving organisational procedures, responsibilities and liabilities • health and safety requirements. • recognise good practice for coaches through professional ethics and values |
| 2.2 Define the responsibilities relating to duty of care of the coach of foundation skills in Skydiving | <ul style="list-style-type: none"> • The importance of operating within their own level of competence and experience • how to encourage and reward positive behaviour and to respond to discriminatory behaviour, behaving in a fair, consistent and ethical manner • the guidelines for safeguarding and protecting the following individuals, adherence to these and maintaining confidentiality: <ul style="list-style-type: none"> - adults at risk - participants who share protected characteristics <ul style="list-style-type: none"> • the requirements of the participant, managing information for and about all types of participants |
| 2.3 Define the responsibilities relating to safe coaching practice of the coach of foundation skills in Skydiving | <ul style="list-style-type: none"> • Identify hazards relating to the Dropzone at that time: e.g. weather, Landing direction, aircraft movements and other SOPs • safety equipment for the participant • emergency procedures relevant to the skill be taught |
| 2.4 Define the responsibilities relating to inclusive coaching practice of the coach of foundation skills in Skydiving | <ul style="list-style-type: none"> • Inclusive delivery of skydiving coaching activities • coaching participants who share protected characteristics • communicating with a variety of participant types • recognising that different participants learn in different ways • different backgrounds and stages of participants development can impact on coaching |

Learning Outcome: 3. understand participants and their development needs

| Assessment Criteria | Indicative Delivery Content |
|--|--|
| The learner can: | |
| 3.1 Describe how to engage with range of participants in Skydiving | <ul style="list-style-type: none"> • How to gather information about, previous experience, needs of participants' and motivations for taking part • maximising participant experience through effective use of communication skills, technical knowledge, acting on feedback to enhance participant experience, and participant centred coaching |
| 3.2 Describe how to develop a range of participants in Skydiving | <ul style="list-style-type: none"> • Preparing participants for skydiving using a variety of activities appropriate to the participants' needs and goals • the factors that motivate participation in skydiving and how they impact on our approach and delivery |
| 3.3 Describe the physical requirements on participation within Skydiving | <ul style="list-style-type: none"> • The basic physical capabilities and components of physical fitness for skydiving and how to minimise the risk of injury • how the physical capabilities of participants will influence the content and structure of the session |
| 3.4 Describe the mental and social influences for participation in Skydiving | <ul style="list-style-type: none"> • How the mental capabilities of participants(s) will influence the content and structure of the session • how to develop participants socially; <ul style="list-style-type: none"> - building relationships and rapport with and between participants - develop confidence - self-esteem |

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| Unit Title | The coach in practice within foundation skills in skydiving |
| Unit Aim | This unit aims to develop the coach's understanding of their role and responsibilities as a Skydiving coach. This unit is designed to ensure duty of care through safe and equitable practice. |
| Unique Unit Number | R/650/3352 |
| Unit Assessment Method(s) | Portfolio of Evidence |
| Assessment Specification | Learners are required to complete a series of assessed tasks within their learner portfolio. These are set by 1st4sport and assessed by their assessor. |

| Learning Outcome: 1. be able to plan skydiving foundation skills coaching sessions | |
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| Assessment Criteria The learner can: | Indicative Delivery Content |
| 1.1 Select activities to meet participants' needs | <ul style="list-style-type: none"> Plan to ensure the session meets the needs and goals of the participant understand the needs of different individuals select appropriate equipment for the coaching session |
| 1.2 Plan a range of coaching sessions to meet the needs and goals of different participants | <ul style="list-style-type: none"> Plan and prepare for sessions involving realistic timings, sequences, intensity, technical content, contingencies and duration of activities |

Learning Outcome: 2. be able to deliver coaching sessions in foundation Skydiving skills

| Assessment Criteria The learner can: | Indicative Delivery Content |
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| 2.1 Establish a safe coaching environment | <ul style="list-style-type: none"> • Conduct a risk assessment, minimising identified risks. • organise and prepare training area and equipment • know how to apply basic goal setting |
| 2.2 Deliver coaching sessions which meet the needs of the participants | <p>Apply the principles of good practice for starting coaching sessions. Inform participants of the aims and objectives of sessions, agreeing these with them.</p> <p>Ensure participants are physically prepared and warmed-up using various coaching styles and techniques in delivery including:</p> <ul style="list-style-type: none"> • listening to, motivating and differentiating between participants • cater to a variety of learning styles; balancing instruction, facilitation, demonstration, Q&As • balance of activities; realistic timings, sequences, intensity and duration of activities within the session • develop participants' skill through coaching • implement contingency plans and modify plans when needed; ensuring sessions are adapted to meet participants' needs • conclude the session, summarise the outcomes, providing feedback to the participants, allow for questions, complete logbook entry. Look forward to next activity. • apply the skills defined in the British Skydiving Operations Manual |
| 2.3 Use technically correct explanations and demonstrations of activities | <ul style="list-style-type: none"> • Explain the relevant objectives of the skydive • deliver demonstrations and explanations that are technically correct |
| 2.4 Assess participants' performance | <ul style="list-style-type: none"> • Observe participants and analyse performance • identify the participants strengths and areas for development within performance |
| 2.5 Provide participants with feedback | <ul style="list-style-type: none"> • provide constructive feedback • communicate effectively with participants and show listening skills • support participants in taking responsibility for their own learning |

Learning Outcome: 3. be able to review skydiving coaching sessions

| Assessment Criteria The learner can: | Indicative Delivery Content |
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| 3.1 Outline the benefits of evaluating sessions | <ul style="list-style-type: none"> • Identify the benefits of evaluation for the individual leading the session • identify the benefits of evaluation for the participants of the session • provide a rationale explaining their own preferred approach to evaluating (for example, written reflection, talk out loud, peer discussion etc) |
| 3.2 Evaluate the coaching sessions delivered | <ul style="list-style-type: none"> • Understand how to review and revise sessions, • identify the strengths and weaknesses of the session • use the views of participants and others; • understanding how the review outcomes can be used to impact on future sessions • make recommendations for future delivery • know where to refer participants whose needs cannot be met |
| 3.3 Reflect on their own coaching practice | <ul style="list-style-type: none"> • Take responsibility for own development • develop a Personal Development Plan; identifying types of personal development activities, potential career progressions and the role of others. |

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| Unit Title | Technical coaching requirements for at least one discipline within the British Skydiving Grading System |
| Unit Aim | This unit assesses a coach's ability to plan, deliver and review coaching sessions of skydiving foundation skills to meet the needs of participants. |
| Unique Unit Number | T/650/3353 |
| Unit Assessment Method(s) | Practical Demonstration/Assignment |
| Assessment Specification | Learners must be assessed demonstrating their ability to plan, deliver and review a minimum of 4 activities, at least 2 of which are ground-based and 2 are jump-based. Any foundation Skydiving skills included in the activities must be delivered and implemented in accordance with the British Skydiving Operations Manual Each planned jump-based session must be for at different participant. A minimum of one of each of the ground and jump based sessions must be linked and progressive for at least one participant. |

Learning Outcome: 1. understand the grading requirements in the chosen discipline

| Assessment Criteria The learner can: | Indicative Delivery Content |
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| 1.1 Describe the requirements for a participant to receive coaching | <ul style="list-style-type: none"> Describe the specific minimum jump numbers and qualifications required before a participant is able to receive coaching as required by British Skydiving Operations Manual describe the minimum skills and expected standard a participant would be before they are able to receive coaching in the chosen discipline |
| 1.2 Outline the requirements to obtain different grades within the chosen discipline | <ul style="list-style-type: none"> Summarise the requirements for each individual grade within the discipline in accordance with the British Skydiving Operations Manual |
| 1.3 Give examples of the expected skills and techniques in each grades in the chosen discipline | <ul style="list-style-type: none"> Identify the key skills and techniques you would expect to see at each grade identify scenarios, activities and locations where they would expect to see these skills and techniques in use |

Learning Outcome: 2. understand the structure of a coached skydive

| Assessment Criteria The learner can: | Indicative Delivery Content |
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| 2.1 Describe the structure of a coached skydive | <ul style="list-style-type: none"> • Describe coach preparation - Review logbook - Repeating a skill or trying for the first time - Correct equipment for both Learner and Participant-weight belt, jumpsuit selection, with a full understanding of the appropriate Operational Manual requirements for the Participant - Design dive to meet participant's goals and skills <ul style="list-style-type: none"> • outline the content of a briefing - IDEA/EDIP - Aircraft drills - Exit - Hand signals if appropriate - Break off height - Tracking - Deployment height |

Learning Outcome: 3. be able to demonstrate technical requirements for coaching the chosen discipline and grade

| Assessment Criteria The learner can: | Indicative Delivery Content |
|---|---|
| 3.1 Demonstrate preparing the participant to skydive | <ul style="list-style-type: none"> • Demonstrate the required preparations and discussions in accordance with the British Skydiving Operations Manual |
| 3.2 Safely conduct participant skydives in accordance with the industry expectations and requirements | <ul style="list-style-type: none"> • Lead a participant to complete a skydive in accordance with the British Skydiving Operations Manual • demonstrate dives to be a minimum of a 20 minute call and include the relevant sections below: <ul style="list-style-type: none"> o Flight line responsibilities o Emplaning o Flight to altitude o Exit o Demonstrate skill if necessary o Support the participant to demonstrate the required skill o In air corrections o Break off o Track o Deployment o Landing o Debrief, review and recommendations |

Qualification Conditions: Delivery and assessment requirements

To complete the delivery, assessment, and internal quality assurance of the qualification, providers will be required to adhere to the guidance set out in the Recognised Centre Handbook.

Qualification Approval Conditions: Workforce requirements

In addition to the workforce requirements stated in the Recognised Centre Handbook, the following qualification specific requirements must be met and evidenced.

Tutor(s):

The training provider is required to recruit and deploy approved tutors. The tutors are responsible for the delivery of the qualification. Tutor/assessors are required to:

- hold or be working towards a recognised Level 2 sports coaching qualification or above with a demonstrable high level of discipline specific skills
- hold or be working towards a recognised teaching qualification with a demonstrable high level of discipline specific skills (this will be assessed through British Skydiving)
- be an Advanced Instructor or Instructor Examiner with a demonstrable high level of discipline specific skills

* An approved workforce list will be provided and maintained by British Skydiving.

Assessor(s):

The training provider is required to recruit and deploy approved assessors. The assessors are responsible for the delivery of the qualification. Assessors are required to:

- be an Advanced Instructor or Instructor Examiner recognised within British Skydiving
- hold or be working towards a recognised assessor qualification

Internal Verifier(s) and Quality Assurer(s):

British Skydiving technical staff will be the internal quality assurers who are responsible for the internal quality assurance activities.

- be a British Skydiving Technical Staff member
- be an Advanced Instructor or Instructor Examiner recognised within British Skydiving
- hold or be working towards a recognised internal quality assurance qualification

* An approved workforce list will be provided and maintained by British Skydiving.

Additional Qualification Requirements

The training provider is required to have one or more delivery sites with facilities to support the programme of training and assessment. These must comply with health and safety regulations and support appropriate access arrangements. All delivery sites must include the following:

- Skydiving centre
- a space for theoretical and practical sessions of sufficient size for the number of the learners on the course
- changing and toilet facilities.

The weather and environment must be conducive to learning; lighting and temperature appropriate to the participant and learner needs.

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