

**Preamble:** In January 2006 McLaughlin's were contracted to map the competencies between the Swimming Australia Ltd. (SAL) Bronze Licence and the AUSSI Masters Level 1 Coaching Training Program. (report attached).

Based upon this report the SAL Coaching Accreditation Review Subcommittee (CARC) recommended the adoption of the report and contracted SwimEd to develop a Recognition of Current Competency process and template specific to an AUSSI qualification to SAL accreditation "cross- over" based upon McLaughlin's mapping.

In developing such an RCC application it was recognised that many holders of an AUSSI Masters Level one qualification may have additional skills, life experiences and qualifications which will be sufficient to RCC them in some other areas of identified deficiency. This is why Applicants should be encouraged to submit as much information as they can to support their Application.

Where insufficient evidence is obtained from the applicant **only** supplying a copy of their AUSSI Masters Level 1 qualification further evidence of competency may be ascertained via other documentation or by completing the additional tasks to a satisfactory standard. Thus the potential exists for an AUSSI Masters RCC applicant to fully satisfy the requirements of a SAL Bronze Licence without course attendance.

The recommended fee for this RCC process is the same as other Bronze Licence RCC applications.



# **Recognition of Current Competency (RCC)**

Specifically for AUSSI Masters Level 1 to  
SAL Bronze Licence

## **Bronze Licence Accreditation Application**



Australian Government  
Australian Sports Commission



# SAL RCC Application – Bronze

## PART A – Personal Information

Name: \_\_\_\_\_

Swim club/team: \_\_\_\_\_

Position: \_\_\_\_\_

Postal Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Mobile: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Email: \_\_\_\_\_

Are you Aboriginal or Torres Strait Islander?  Yes  No

## PART B – Experience Gained

This section will provide your Assessors with an overview of the experience you have gained. In Part C you will be asked to focus in on experience that relates to the learning outcomes of the SAL Bronze Licence Coaching Course and to present evidence of your experience.

### 1. Work experience (if applicable)

Please complete the following in relation to your work experience, either full-time or part-time, including any voluntary or unpaid work.

Begin with your present position followed by the next most recent job and so on.

*Present work:* \_\_\_\_\_ *From* \_\_\_\_/\_\_\_\_/\_\_\_\_

Present employer: \_\_\_\_\_

Employer's contact details \_\_\_\_\_

\_\_\_\_\_

Current position: \_\_\_\_\_

Duties:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Previous work:* \_\_\_\_\_ *From* \_\_\_\_/\_\_\_\_/\_\_\_\_ *to* \_\_\_\_/\_\_\_\_/\_\_\_\_

Name of employer: \_\_\_\_\_

Employer's contact details \_\_\_\_\_

\_\_\_\_\_

Your position: \_\_\_\_\_

Duties:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Please provide extra sheets if the space provided is insufficient)

**2. Education and training**

Indicate any education and training you have undertaken, including formal courses, adult education courses, training undertaken at work, etc.

Education/Training	Length	Year

**3. Life experience**

Note any other activities you have undertaken and/or are currently involved with, which have given you skills and knowledge that could be relevant to the units for which you are claiming RCC. Leisure, sport, recreation, hobby, or other activities could be noted, for instance.

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## PART C – Modules Claimed

I intend to apply for RCC in the **BRONZE** Coaching Course, in the following units:

Unit:		RCC Claimed (please tick if claiming)
<b>Unit One:</b> Being an Effective Swimming Coach	✓	A copy of your current AUSSI Masters Qualification is sufficient
<b>Unit Two:</b> Administration and Management		Provide evidence or complete Task 2
<b>Unit Three:</b> Communications	✓	A copy of your current AUSSI Masters Qualification is sufficient
<b>Unit Four:</b> Risk Management and Legal Issues		Provide evidence or complete Task 4
<b>Unit Five:</b> Mental Preparation		Provide evidence or complete Task 5
<b>Unit Six:</b> Fitness and Training	✓	A copy of your current AUSSI Masters Qualification is sufficient
<b>Unit Seven:</b> Training Programs		Provide evidence or complete Task 7
<b>Unit Eight:</b> Efficient Stroke Development		Provide evidence or complete Task 8

## PART D – Unit Applications

This section contains separate application forms for each unit. The application forms are intended for use as both a self-assessment form and as a cover page(s) for the required evidence.

The completed unit applications as outlined below, *with attached evidence and/or tasks* will make up your portfolio of assessment.

### Organising and labelling evidence

Please insert any evidence that you wish to submit after the applicable unit application form.

For each item of evidence, you need to ascertain which of the learning outcomes it relates to. This should be indicated in the appropriate place on the module application form, as well as on the evidence.

For some items of evidence it may be appropriate to indicate which part of the item is relevant to which learning outcome. Make sure that you have clear references in each of your applications to any relevant evidence (see unit application form over the page), so that Assessors can easily locate it.

If you don't have primary evidence (certificates, letters, examples of sessions etc) that you can submit to substantiate your claim, but consider that you could demonstrate your competence to Assessors, please make a note to that effect.

# SWIMMING AUSTRALIA LTD – BRONZE LICENCE ACCREDITATION

## RCC UNIT APPLICATION

(Please complete the form for **all units** that you have outlined you are applying for RCC for).

<b>Unit 1</b>	<b>Being an effective Swimming Coach</b>
<b>Learning Outcomes:</b>	<b>Summary of evidence provided</b>
Upon successful completion of this unit, the coach will be able to:	<i>Follow the procedure below for all learning outcomes</i>
	<b>Place a number in this column that relates to the piece(s) of evidence relevant to this learning outcome. For example, if you have gathered evidence, which includes a Level 2 NCAS qualification in another sport and a sports coaching degree, you may have labeled them items 1 and 3. In this instance, write 1 and 3 in this column to allow the Assessors to check this evidence against the learning outcome.</b>
<b>Learning Outcome 1:</b> Identify the characteristics of effective swimming coaches	A copy of your current AUSSI Masters Qualification is sufficient and should be the first item – i.e. numbered 1.
<b>Learning Outcome 2:</b> Implement strategies to cater effectively for the range of needs of club level swimmers	A copy of your current AUSSI Masters Qualification is sufficient

<b>Unit 2</b>	<b>Administration and Management</b>
<b>Learning Outcomes:</b>	<b>Summary of evidence provided</b>
Learning Outcome 1: Implement organisational processes to effectively administer all aspects of a club swimming team including record keeping, financial understanding / considerations, and promotional strategies	(number and attach evidence or undertake Tasks 2a, 2b, 2c.)

<b>Unit 3</b>		<b>Communications</b>	
<b>Learning Outcomes:</b>		<b>Summary of evidence provided</b>	
<b>Learning Outcome 2:</b> Implement sound communication strategies with swimmers, parents, club officials, swimming organisations and colleagues		A copy of your current AUSSI Masters Qualification is sufficient	

<b>Unit 4</b>		<b>Risk Management and Legal Issues</b>	
<b>Learning Outcomes</b>		<b>Summary of evidence provided</b>	
<b>Learning Outcome 1:</b> Understand the legal responsibilities of a swimming coach and implement strategies to minimise the risk of injury during training and competition		A copy of your current AUSSI Masters Qualification is sufficient	
<b>Learning Outcome 2:</b> Implement the Australian Sports Anti Doping Authority policies on permitted substances and their use and understand reason for the banning of substances		(number and attach evidence or undertake Tasks 4a, 4b, 4c.)	

<b>Unit 5</b>		<b>Mental Preparation</b>	
<b>Learning outcomes:</b>		<b>Summary of evidence provided</b>	
<b>Learning Outcome 1:</b> Use psychological processes to implement individual and team goal setting strategies		(number and attach evidence or undertake Tasks 5 (1) a, 5(1)b, 5 (1)c.)	
<b>Learning Outcome 2:</b> Implement processes to develop swim team cohesion and spirit		(number and attach evidence or undertake Task 5(2))	

<b>Unit 6</b>		<b>Fitness and Training</b>	
<b>Learning outcomes:</b>		<b>Summary of evidence provided</b>	
<b>Learning Outcome 1:</b> Conduct a training session and provide a training plan that will acknowledge the physiological capacities of the body including the energy systems		A copy of your current AUSSI Masters Qualification is sufficient	
<b>Learning Outcome 2:</b> Adjust a training plan to utilise specific components of the energy system and the various components of fitness to elicit an improvement in performance		A copy of your current AUSSI Masters Qualification is sufficient	
<b>Learning Outcome 3:</b> Apply the principles of training to modify or improve any one of the components of fitness		A copy of your current AUSSI Masters Qualification is sufficient	



<b>Unit 7</b>		<b>Training Programs</b>	
<b>Learning outcomes:</b>		<b>Summary of evidence provided</b>	
<b>Learning Outcome 1:</b> Implement a seasonal training program and understand the importance of seasonal, weekly and daily plans		A copy of your current AUSSI Masters Qualification is sufficient	
<b>Learning Outcome 2:</b> Effectively conduct and evaluate training sessions catering for individual differences while developing race competence for each of the strokes		(number and attach evidence or undertake Task 7.)	
<b>Learning Outcome 3:</b> Analyse the performance of club level swimmers during competition and implement improvement strategies		A copy of your current AUSSI Masters Qualification is sufficient	

<b>Unit 8</b>		<b>Efficient Stroke Development</b>	
<b>Learning outcomes:</b>		<b>Summary of evidence provided</b>	
<b>Learning Outcome 1:</b> Apply the principles of stroke mechanics to the development of the four competitive strokes including starts, turns and finishes		A copy of your current AUSSI Masters Qualification is sufficient	
<b>Learning Outcome 2:</b> Identify and implement the use of technology and equipment appropriate for club level swimmers		(number and attach evidence or undertake Task 8.)	

## Task 2(a)

List at least 5 administrative duties that you are required to undertake in your role as a club coach and the tasks associated with each duty.

ADMINISTRATIVE DUTY	TASKS INVOLVED
1.	
2.	
3.	
4.	
5.	

**Task 2 (b)**

Identify at least 3 activities that the club/squad that you are involved with, could feasibly undertake to promote the sport within your area. Which of these are actually occurring?

<b>POSSIBLE PROMOTIONAL ACTIVITY</b>	<b>IS THIS ACTUALLY OCCURRING?</b>
1.	
2.	
3.	

**Task 2 ©**

List at least three reasons why is it important for coaches to have an understanding of the club's financial systems and procedures?

1.

2.

3.

**Task 4.** Do an internet search to find the Australian Sports Anti Doping Authority website then answer the following three questions.

**Task 4 (a)** You are to identify at least three categories of “ASADA banned substances” which you feel would be most likely to be used by swimmers (based on the nature and requirements of the sport). Justify your decision and then outline the possible health risks for athletes who take the substances.

1.
2.
3.

**Task 4 (b)** If you were suspicious that one or more of your swimmers were taking a banned substance, how would you deal with this situation?

**Task 4(c)** What role can you as the coach of a swimmer who has been selected to undertake an ASADA drug test at a meet, play in the process to support your swimmer?

**Task 5** (1.) Complete the following activities.

- (a) In relation to goal setting procedures, what does the acronym S.M.A.R.T. stand for?

<b>S</b>	
<b>M</b>	
<b>A</b>	
<b>R</b>	
<b>T</b>	

- (b) Give an example of a SMART
- outcome goal**
- that you have for yourself as a coach, for your squad
- and**
- for an individual swimmer.

1.
2.
3.

- (c) For
- one**
- of the SMART
- outcome goals**
- you have identified, outline the
- process goals**
- you have put in place, or could put in place, to achieve this
- outcome goal**
- .

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**Task 5 (2).** Outline a strategy that you have implemented, or are currently implementing with your squad(s) to develop team cohesion and spirit. Please discuss their effectiveness, or lack of effectiveness.



**Task 7 .** By either viewing a video of a swimmer(s) competing, or by observing a swimmer(s) in the real competition environment, you are to analyse their competition performance and provide the following feedback...

- (a) List your observations noting some good points and some areas needing attention and note what technical feedback you would provide to the swimmer.

**Task 8** Complete the following matrix noting what Technology, equipment and swim aids you use as part of your coaching program

Technology or Equipment item	How do you use ?	What are some of the positive and negative aspects of its use

### **Other Requirements to gain SAL Coach Licence Accreditation**

1. Read the attached ASCTA Prohibited Person Declaration.
2. Sign and return, the attached ASCTA Membership Registration or show proof of ASCTA coach membership.
3. Submit proof of an acceptable current nationwide police check.(conducted within the past 3 years)

The RCC process usually takes up to 4 weeks to complete.

You may be contacted by an Assessor as part of the review process should any clarification be required.

Attached – Bronze RCC Payment form  
ASCTA Membership Registration  
ASCTA Prohibited Person Declaration