

## Level 2 Open Water Coach Course Overview

*Pre-Course - ONLINE (8-10 hours)*

- Completion of the STEP Online Module Level 1 Assistant Swimming Coach

*Virtual Classroom (12 hours)*

- Swim Ireland Tutor delivery through GoToTraining – Virtual Classroom platform

	Duration	Content
<b>Module 1</b>	3 hours	<p>The course structure, learner introductions, the assessment requirements, the demands of open water swimming, the legal responsibilities of coaching open water swimming</p> <p>After the module, learners will be expected to:</p> <p>Complete questions 1, 2, 9, 10, 11 &amp; 12 from the Learner Assessment Portfolio and complete a risk assessment of a selected open water venue</p>
<b>Module 2</b>	3 hours	<p>The roles and responsibilities of an open water coach and others, equipment requirements (swimming and coaching) and planning open water coaching sessions</p> <p>After the module, learners will be expected to:</p> <p>Complete questions 3, 4, 5, 6 &amp; 7 from the Learner Assessment Portfolio, complete an overview of six linked and progressive sessions and produce one session plan for a swimmer type</p>
<b>Module 3</b>	3 hours	<p>Coaching skills including interpersonal skills, positioning, event tactics, swimmer preparation and recovery, adapting sessions for participant needs and motivational techniques</p> <p>After the module, learners will be expected to:</p> <p>Complete questions 8, 13 &amp; 14 from the Learner Assessment Portfolio and produce remaining three session plans for different swimmer types</p>

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<p><b>Module 4</b></p>	<p>3 hours</p>	<p>The importance of self-evaluation, practical session requirements and peer assessment</p> <p>After the module, learners will be expected to:</p> <p>Produce two truncated session plans for the pool and open water session and amend any assessment materials that are not yet at the required standard</p>
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### *Practical (4 hours)*

<p><b>Module 5</b></p>	<p>4 hours</p>	<p>During this module, all learners will deliver two practical coaching sessions. One session will be in a pool environment and the other in an open water environment.</p> <p>Learners will be expected to take part in both sessions (as a participant) and complete a peer observation of another learner coaching their session.</p> <p>After the session, learners will be expected to complete two self-evaluations of the sessions they have delivered.</p>
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