

# Coaching support policy



**Queensland Laser Association Inc.**

## Version Control

Date	Version No.	Modified by	Approved
5/10/22	1.1	Greg Kemp	M. Wilson
8/12/22	1.2	Phil Danks	Draft version
15/1/23	1.3	Greg Kemp	Committee 18/1/23

# QLA Coaching Support Policy

## 1. Purpose

1.1. The key focus of the coaching policy is to respond to the following objectives of the Queensland Laser Association (QLA) Constitution:

- to promote and develop ILCA (Laser) Class within the catchment area for QLA membership, and
- to facilitate and coordinate the training, coaching and skill development of members of the Association through Association organised activities whilst liaising with the appropriate State and National bodies.

It is anticipated that effective implementation of the policy will provide strong support to other objectives contained within the Constitution including the promotion and development of the ILCA (Laser) Class racing in the state of Queensland.

1.2. To meet these objectives, the Association periodically organises and facilitates coaching and training sessions for its members across the state of Queensland as well as providing coaching support for members at major regattas (eg. State and National level events).

1.3. Terminology:

- Coaching is the act of improving performance and skills through the process of facilitated learning in a wholistic way. This can either be coach centred (instructive) or athlete centred (sailor driven).
- Training is the act of undertaking technique and skills drills and exercises to improve performance either under the guidance of the Coach or independently.
- Coach or Coaches. An individual that holds an Australian Sailing accredited Coaches qualification or its equivalent that is recognized by Australian Sailing as per 2.10.

1.4. This document outlines the:

- types of coaching and training support provided or facilitated,
- the type and level of support provided both logistically and financially, and
- the processes by which coaching and training support should be initiated and organised.

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## 2. Principles for types of training, coaching and support

### 2.1. Membership and affiliation

Sailors participating in QLA coaching or training must be:

- a current member of the QLA,
- a current member of an Australian Sailing affiliated club and therefore have an Australian Sailing number, and
- Hold third party insurance to the value of \$10,000,000.

### 2.2. Facilities

As the QLA does not own or operate any physical sailing related facilities, all coaching and training support services are provided through sailing clubs affiliated with Australian Sailing.

Coaching and training are organised through and with the support of these sailing clubs or sailing organizations and the association recognises that all activities carried out must meet and comply with the conditions and policies of the applicable club or organization.

### 2.3. Sailing ability

The QLA aims to provide training and support across ILCA 4, 6 and 7 sailors for the following levels of ability:

- Sailors that are 'new' to ILCA's, most commonly after having progressed from a junior class, but also moving across from other classes or returning to ILCA (Laser) sailing after a period away from the class
- Intermediate to Advanced level ILCA sailors.

QLA does not propose to provide learn-to-sail level coaching or training as there are existing providers that already provide that effective coaching / training at those levels. For beginners to sailing, the QLA can advise potential ILCA sailors of the available learn to sail training options. Currently the beginner level is believed to be best delivered by clubs and institutions with the facilities to deliver the Australian Sailing accredited Tackers, Out There Sailing and other related Discover Sailing programmes. These programmes are unlikely to be delivered in a ILCA dinghy.

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## 2.4. Types of coaching and training sessions

The QLA aims to facilitate coaching and /or training clinics for some or all of the following:

- individuals or groups of sailors – typically a group of at least 5 sailors is preferred in order to minimize cost to individual sailors,
- single stand-alone sessions or coordinated programmes over more than a single session,
- regional training camp programmes on the request of a regional representative of the association at a suitable venue, and
- coaching support at major state and national level regattas.

## 2.5. Availability of coaching and training to QLA members

The QLA aims to make coaching and training widely available to QLA members. It is proposed that this is achieved by:

- informing members that coaching / training support is available and circulating the process for initiating coaching / training
- a focus on facilitating training in regional areas through regional coordinators
- proactive response to requests for coaching and training by interested members or groups,
- advertising proposed coaching / training programmes to encourage wide participation.

## 2.6. Role of QLA in facilitating coaching and/or training

To facilitate these training and coaching sessions, QLA will:

- Identify potential venues and engagement with their management to evaluate suitability and to facilitate compliance with venue terms and conditions,
- Identify and engage suitable coaching staff to run the sessions,
- Identify and engage suitable resources to support the sessions such as training buoys, coaching RIB's, training rooms, etc.,
- Identify engage other logistical support services or materials that may be required from time to time to support the activities,
- Identify number of participants as follows:
  - proposed minimum to allow coaching to proceed,
  - anticipated number of participants, and
  - proposed maximum to allow the coaching / training to be run effectively and safely, and

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- Develop and, if required publish, a budget outlining all costs and an estimate of cost per participant.

### 2.7. Approval of coaching / training proposals

Proposals for coaching and training are typically prepared by the QLA Coaching and Training coordinator or delegate for approval. Proposals prepared by other parties (eg. QLA regional coordinators or sailing clubs) are to be assessed and pre-approved by the QLA Coaching and Training coordinator as well as the QLA management. Support for coaching and training may well be limited by resources and will be at the discretion of the QLA management team.

### 2.8. Financial support

Fees for coaching / training shall be set and approved by the QLA management team. The 'break-even' fee is the fee that covers costs based on the expected number of participants.

The QLA management team may elect to subsidise the coaching / training by proposing a fee that is lower than the 'break-even' fee.

### 2.9. Entries and financial management

QLA will organise an on-line expression of interest or entry portal for the registration of interested parties either by QLA or the host Club. This will be used to gauge the level of interest and/or to take entries.

Unless determined otherwise by the QLA Treasurer, the online portal will also be used to collect any fees payable by participants so that the Association will then be able to pay any associated coaching or club fees that may be applicable to the training / coaching session.

### 2.10. Coach qualifications

All coaches utilized shall be current and valid Australian Sailing (or equivalent) Coaches and will hold all requisite approvals to undertake coaching in Australia.

### 2.11. Advertising of coaching / training sessions

Where practical QLA will advertise proposed coaching / training sessions by distribution of a suitable flyer, email campaign, social media or similar to bring the proposed session to the attention of its membership and / or the subject club's membership.

## **3. Process for initiating training / coaching**

3.1. Should any member or interested club wish to organise any coaching aligned with the purpose and principles outlined above, then the following process should be undertaken by the initiating party:

- Contact either the QLA Chairman or the QLA Training / Coaching Coordinator as a first step either by phone or email,
- Discuss with either of them the type of coaching session required. The QLA Training/Coaching Coordinator is there to assist in the design and identification of resources required to meet the needs of the request, to plan the sessions and to manage the logistical issues,
- Provide an estimate to the relevant QLA personnel of the numbers and level of experience of the target sailor audience that are potential participants, and
- Assist with any Association to Club liaison activity that may be required.

3.2. The QLA will then undertake the activities as outlined in section 2.6 above to establish and arrange for the session as planned.

3.3. Should there be any reason (such as inclement weather, changes in Coach availability, etc.) the QLA will communicate with the member participants and / or clubs involved to inform them of any changes. Should it be necessary to arrange for a re-scheduling of an event, the association will work with the members or clubs involved to arrange for an alternate suitable date where practical.