



SCCR COACHES' EDUCATION MODEL

created within the project

“European system for training of sport climbing coaches and route setters”

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SCCR Coaches Education Model Vision:

To encourage the development and professionalism of sport climbing coaching to strengthen and safeguard the environment of those athletes and climbers practicing it.

SCCR Coaches Education Model Mission:

Design and implement an education system for sport climbing coaches at all levels, for eventual adoption as the international education pathway by the IFSC.

Key Objectives:

- Analysis of good practice of education systems for sport climbing coaches and select the most appropriate methods
- Design and define a comprehensive training system
- Create training programmes for key actors within this system
- Pilot the training programmes
- Realise dissemination activities expanding the platform and engaging other associations into the system
- Develop a learning management system for the whole training system and international platform

SCCR Coaches Education Model Background:

IFSC

According to IFSC Strategic Plan 2020, their aim is to:

2.3.2. Develop training camps for climbers, paraclimbers, routesetters, para-routesetters, and coaches in cooperation with the Continental Councils and NFs;

2.3.3. Create materials and training opportunities specific for coaches and officials, from national, to continental, to international level;

The IFSC is the world governing body for all aspects of Sport Climbing, especially international competition climbing, leisure and recreational climbing, and climbing as a sport for all. However, the IFSC is a sport organisation and as such, their goals are around competitive sport and performance.



In the IFSC list of values, they include 'healthy and educational activity for youth', 'competitive' and 'sport for all'. Therefore, the education model will be focussed on coach education for competitive climbing, with scope for including the development of active youth, masters and paraclimbers.

During 2023 the IFSC has developed their educational models around officials, athletes' health, routesetters and coaches, in collaboration with and in parallel with the SCCR project, in order to have sustainable pathway forward at the completion of the SCCR project.

IFSC Coaches Commission

The IFSC has a Coaches Commission selected from nominated national team coaches from around the world. One of the roles of the commission is to ensure the continued development of a positive and safe field of play and competitive environment for the athletes and coaches. Education of coaches is not in their mandate per se, but supporting (and perhaps requiring) a minimum standard of coach education at the international level is crucial to providing an appropriate competitive environment.

Collaborative model

Therefore, a collaboration between the IFSC, IFSC Coaches Commission and SCCR on the development of an EU and eventually International coach education system that is accessible, appropriate and sustainable is logical.

The proposal involves six stages:

- The development of the education model by SCCR (2021)
- The development of a business model in collaboration with IFSC
- Approval by IFSC Coaches Commission
- Development of content by SCCR and approval by IFSC Coaches Commission (2022)
- Pilot of one of the courses in 2023
- Adoption by IFSC under an agreed business model

The division of workloads between the collaborators is represented in figure 1 below.

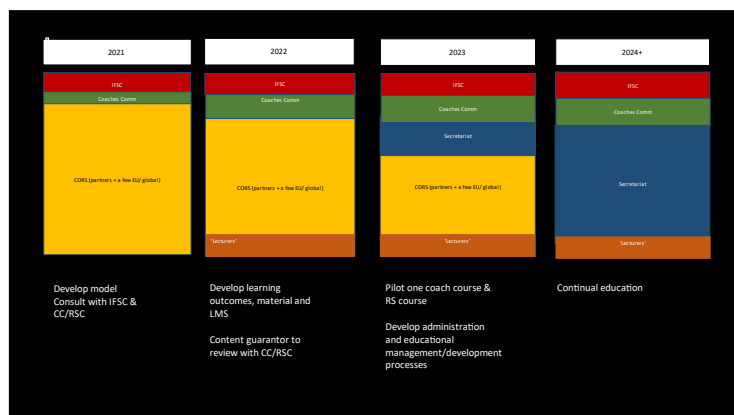


Figure 1: Division of workloads across the duration of the project. Each 'stack' represents the active collaborators and their proportional contribution in each year from 2021-2024.

Education model structure considerations

The education model must be structured in a way that it serves both the IFSC strategic plan and values, but also provides a valuable and complementary education opportunity for national federations.

National Federations generally have one of three educational systems:

1. Sequential climbing specific level system ranging from instructor level to national-level team coach. Some federations have this as a licence system, where coaches are required to have a particular level to be able to work with different level athletes, youth climbers etc, and/or be paid. Some federations have the hierarchal levels but no requirement for the coaches to have them.
2. A general coach education programme provided via their NOC or an external coach education qualification from a university or technical college. These range from 1 year diplomas to ~three year degrees. These are not climbing specific. Some federations have this external education as a requirement of national level coaches.
3. An undeveloped or no education system.

Upon discussion with the Coaches Commission, it is clear that there is a need for an education pathway for federations that have no system, as well as a continued education pathway for those with very well developed systems. Within the IFSC and coaches commission a hot topic of discussion is the requirement of coaches to have particular qualifications to access the field of play at competitions. This is met with resistance as many coaches do not feel they should have to repeat education they have already done within their own federations. Therefore, it is important that any model developed, needs to have courses that complement and add to any



system a federation may already have. Therefore, the proposed model consists of three side-by-side courses; Climbing For All, Coaching Youth Athletes, Elite Competitive Performance Coaching.

Proposed model

The proposed model consists of three side-by-side courses:

Climbing For All Coaching– An open-entry course aimed at educating coaches on theoretical subjects and the practical skills of coaching. Suitable for coaches from federations without a developed system.

Youth Athlete Coaching – An open-entry course aimed at providing continued education of coaches of youth athletes (including para) at elite national and international level. Suitable for coaches with existing qualifications.

Elite Competition Performance Coaching – A course aimed at providing higher continued education of coaches of elite Junior and Senior level international athletes, participating at the Para/World Cup/Champ/Olympic level. Suitable for coaches with existing qualifications and experience coaching International level athletes.

The course structure is summarised in figure 2 below.

Each course will be made up of modules or topics run in a block. Some modules will be run across several courses (e.g. athlete safeguarding, integrity) and some modules will be able to be substituted between courses to meet the needs of the individual and provide flexibility.

Roles:

Project Manager: Šimon Budský, management of the project in terms of the E+ Erasmus rules, proposal, requests of the partners and is responsible for project budget, time, fulfilling the outputs/indicators.

Content Guarantor: Emma Hawke, management and direction of the work groups in terms of the quality of the outputs, consistency and interconnection between the courses, communication with IFSC and IFSC Coaches Commission.

Steering Committee: Members from IFSC, project partner federations, project manager. Role is to oversee the progress of the project, give direction to the project, oversee budget, solve problems between partners or IFSC.

WG Business Model: Project manager, content guarantor, IFSC. Role is to create a model of how the education programmes and MS will work sustainably after the end of the project.



Partner's Administration: Administer all requirements stated by the project, grant contract, Erasmus+ sport rules.

Key Stakeholder platform: Ensure that the education and training of coaches and routesetters are in line with IFSC structure and coaches' and routesetters' career path, support the quality of the system and the outputs. Since the grant was approved, IFSC has appointed members of SCCR in key positions on the IFSC Coaches Commission (Emma Hawke – Vice Chair) and the IFSC Routesetters Commission (Adam Pustelnik –Vice Chair, Jan Zbranek – Member).

Working groups: Discuss and creatively develop and realise the structure and content of the educational programmes. Each work group will have a leader and 4-5 experts. There is a workgroup for each course, i.e. routesetting and each coaching-related course, as well as for the Learning Management System.

Candidate: Anyone in the process of doing one of the courses.

National Federations: National sporting organisation responsible for the administration and regulation of Sport Climbing at the national level.

Certification process:

SCCR aims to increase the educational level of climbing coaches. However, it is important to note that candidates should not assume that their certification is guaranteed upon attending a course. While some courses may distribute a certificate of attendance, in the course selected for the SCCR pilot programme, IFSC will only designate a candidate certified after an assessment process. This is not a certificate of competency as a coach, rather a certificate of achievement of the learning outcomes in the course. The certification structure is designed to work as an 'added value' for coaches and to supplement National Federation coach qualification systems, and at the same time, provide for those National Federations without developed education programmes.

Courses:

Climbing For All Coaching

The Climbing For All Coaching course is intended to train coaches for effective work with youth, para and beginner **athletes**, mainly at national level. The Climbing For All coach syllabus encompasses modules covering basic leadership, coaching, history and sociology of sport climbing, health related benefits, applied climbing



physiology, basic training principles, programming and planning, climbing movement, nutrition, sports psychology, injury prevention and management, Safeguarding Athlete welfare.

Must have certificates in First Aid & CPR, ADEL WADA Coach True, (active coaching minimum of 1 year and 6b+, UIAA 7+ level of climbing ability.

Aligned with this course will be a mentoring/exchange programme where more experienced coaches can exchange knowledge and experience with coaches wishing to develop their skills and approaches.

Youth Athlete Coaching

The Youth Athlete Coaching course is intended to add to the knowledge of coaches working with youth athletes (including para) at elite national and international level. The Youth Athlete Coach syllabus will include modules such as talent ID and development, generalised and specific movement development, coordination, flexibility and strength development for youth athletes, periodisation and training plans for youth, appropriate training facilities for youth, youth athlete physical and emotional health, applied performance science, athlete monitoring for youth, applied climbing physiology, athlete safeguarding & integrity, competition planning and leadership, competition strategies and rules etc. It will be designed as a series of modules which provide high level, evidence-based knowledge that complements and adds to the coaches' existing knowledge and qualifications.

Must have certificates in First Aid & CPR, ADEL WADA Coach True, Safeguarding Athlete welfare, active coaching minimum of 3 years and 7a, 8 UIAA level of climbing ability. Completion of national level coach qualification equivalent to Climbing For All or Climbing for All, or demonstrate appropriate leadership and pedagogical skills and theoretical knowledge.

Elite Competition Performance Coaching

This course is intended for coaches of elite Junior and Senior level international athletes, participating at the Para/World Cup/Champ/Olympic level. The syllabus will include modules such as advanced planning and periodization, application of research to coaching, training and performance science, athlete monitoring and video analysis, sports medicine, competition psychology, injury prevention and management, route-setting, IFSC rules and coach behaviour/integrity, athlete dual career, supporting athlete retirement, communication and media etc. It is designed as a series of modules which provide high level, evidence-based knowledge that complements and adds to the coaches' existing knowledge and qualifications. There is scope for this course to link to the route-setting programme. It will also create the initial stages of a platform and a network of coaches and researchers to exchange ideas and best practices.

Must have certificates in First Aid & CPR, ADEL WADA Coach True, Safeguarding Athlete welfare, a minimum of one year coaching an elite athlete, attendance at international competitions. Completion of national level coach qualification equivalent to Climbing For All or Climbing for All, NOC –equivalent coaches course or demonstrate

appropriate leadership and pedagogical skills and theoretical knowledge. Must be nominated and verified by NF to participate.

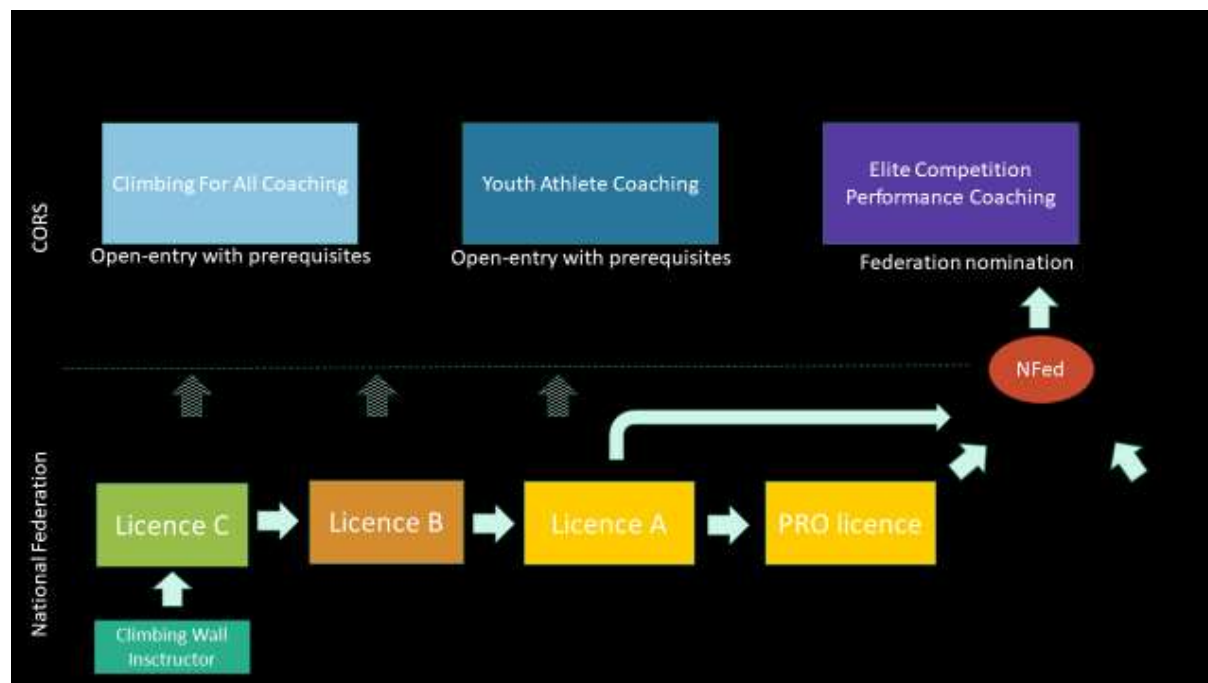


Figure 2: The SCCR horizontal model is shown (on the top half of the diagram) in relation to an example of a hierarchical federation education system (the bottom half of the diagram). Entry to the Climbing For All Coaching course and Youth Athlete Course is open as long as specified prerequisites are met. All courses are designed as continued education courses, to complement existing federation courses and provide higher-level knowledge. The Climbing For All course is designed to not only add value to candidates with some coaching qualifications, but to cater for the federations with underdeveloped education systems.

Candidates may come from existing courses or as coaches with longstanding experience into the Climbing for All and Youth Athlete Coaching as long as they fulfil the prerequisite knowledge and experience. Candidates must have a national level/NOC level coach education or have completed one or other of the other two course or demonstrate an appropriate level of knowledge (e.g. through higher education, another sports' coaching education pathway) AND be nominated by their national federation to take part in the Elite Competition Performance Coaching course.