



Swimming Australia Ltd. (SAL)

Recognition of Current Competency (RCC)

**Bronze Licence
Accreditation Application**

SAL RCC Application – Bronze

PART A – Personal Information

Name: _____

Swim club/team: _____

Position: _____

Postal Address: _____

City: _____ State: _____ Postcode: _____

Phone: _____ Fax: _____

Mobile: _____ Date of Birth ____/____/____
(applicants should be a minimum of 17 years of age)

Email: _____

Are you Aboriginal or Torres Strait Islander? Yes No

PART C – Modules Claimed

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

Unit:	RCC Claimed (please tick)
Unit One: Being an Effective Swimming Coach	
Unit Two: Administration and Management	
Unit Three: Communications	
Unit Four: Risk Management and Legal Issues	
Unit Five: Mental Preparation	
Unit Six: Fitness and Training	
Unit Seven: Training Programs	
Unit Eight: Efficient Stroke Development	

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** 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 work out 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 COACHING ACCREDITATION

RCC UNIT APPLICATION

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

Unit 1	Being an effective Swimming Coach
Learning Outcomes:	Summary of evidence provided
Upon successful completion of this unit, the coach will be able to:	<i>Follow the procedure below for all learning outcomes</i>
	<p>Place a number in this column that relates to the piece(s) of evidence relevant to this learning outcome.</p> <p>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.</p>
Learning Outcome 1: Identify the characteristics of effective swimming coaches	
Learning Outcome 2: Implement strategies to cater effectively for the range of needs of club level swimmers	

Unit 2	Administration and Management
Learning Outcomes:	Summary of evidence provided
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	

Unit 3	Communications
Learning Outcomes:	Summary of evidence provided
Learning Outcome 2: Implement sound communication strategies with swimmers, parents, club officials, swimming organisations and colleagues	

Unit 4	Risk Management and Legal Issues
Learning Outcomes	Summary of evidence provided
Learning Outcome 1: Understand the legal responsibilities of a swimming coach and implement strategies to minimise the risk of injury during training and competition	
Learning Outcome 2: Implement the Australian Sports Anti Doping Agency policies on permitted substances and their use and understand reason for the banning of substances	

Unit 5	Mental Preparation
Learning outcomes:	Summary of evidence provided
Learning Outcome 1: Use psychological processes to implement individual and team goal setting strategies	
Learning Outcome 2: Implement processes to develop swim team cohesion and spirit	

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

Unit 7	Training Programs
Learning outcomes:	Summary of evidence provided
Learning Outcome 1: Implement a seasonal training program and understand the importance of seasonal, weekly and daily plans	
Learning Outcome 2: Effectively conduct and evaluate training sessions catering for individual differences while developing race competence for each of the strokes	
Learning Outcome 3: Analyse the performance of club level swimmers during competition and implement improvement strategies	

Unit 8	Efficient Stroke Development
Learning outcomes:	Summary of evidence provided
Learning Outcome 1: Apply the principles of stroke mechanics to the development of the four competitive strokes including starts, turns and finishes	
Learning Outcome 2: Identify and implement the use of technology and equipment appropriate for club level swimmers	

PART E – Other Requirements to gain SAL Coach Licence Accreditation

1. Read the attached SAL/ASCTA Coach's Code of Conduct.
2. Sign and return, the attached SAL/ASCTA Coach's Code of Conduct Agreement.
3. Show proof of ASCTA coach membership or complete the attached ASCTA coach membership application. (A rebate on the Coaching Licence RCC fee will be provided to those proving current membership).
4. Provide evidence of current professional indemnity and public liability insurance or tick and pay for this requirement on the ASCTA membership application.
5. Submit proof of an acceptable current nationwide police check.

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.