



## ADVANCED OFFICIATING COURSE – GENERAL PRINCIPLES

### Day / Evening - Session 1

#### Course Introduction

1. Introduction
2. Course overview
3. Role of the official & views on self-development as an official (group discussion, particularly focusing on things that are 'my job' and things that are not 'my job'.)
4. Assessment tasks - overview

#### Module 1: Advance self-management

1. Self assessment/evaluation techniques - develop & critique own officiating skills - Key Performance Indicators (Activities: Examples & Case studies)
2. Mental toughness/requirements - readiness & preparation – visualisation, concentrations skills (Activities: group work)
3. Fitness and fuel for officiating – education specifically for officials, relative to their own needs within their sport (Activities: Group & Individual work + discussion and examples)
4. Guest speakers: Specialists for advanced topics in mental preparation – visualisation and the use of video analysis, concentration skills, preparation prior to performance

#### Module 2: Advanced managing of the competition environment

1. Administrative, reporting, and tribunal requirements (Activity: Group discussion)
  2. Plan for risks of officiating in the environment – legal responsibilities of officials - including dealing with emergencies, such as injuries to athletes – refer to rules of sports (Activities: Case study)
- Guest speakers – legal issues relevant to Officiating.

### Day / Evening - Session 2

#### Module 3: Advanced people management

1. Work with a wide range of people to enhance on and off field relationships – negotiation skills, conflict resolution , communication methods, professionalism- (Activities: group work)
  2. Procedures and protocols in your sport – importance, what are they? (Activities: group work)
  3. Leadership skills & mentoring – what, when and why? (Activities: Role play)
- Guest speakers: Mentoring / leadership skills; other topics: resolving conflicts – de-escalating conflicts covered in Module 2 / Plan for risks / Case Study

#### Course conclusion

1. Review themes of the course
2. Discuss assessment requirements
3. Outline submission procedures.

#### Assessments

##### *Personal development plan*

- Current and future knowledge, attitude, & skill level

##### *Risk management plan*

- Environmental & people factors
- Dealing with emergencies