

UK Athletics Coach Qualifications

What does each qualification mean?

- **Level 1** – Assistant Coach (Qualified to assist Level 2 coaches and above).
- **Children in Athletics (CIA)** – Qualified to lead athletics activities for children using appropriate soft athletics equipment. Age range 8 - 15.
- **Children in Athletics with Level 1** – Qualified to coach athletic activity for young athletes
- **Fitness in Running and Walking (FRW)** – Qualified to lead safe, recreational fitness sessions.
- **Level 2** – Qualified to coach athletes in the group of events identified on the uka:pass i.e. SPEED, ENDURANCE, JUMPS or THROWS.
- **Level 3** – Qualified to coach in the event group(s) in which they have received Performance / Development training, in one or more individual events or one or more groups of events.
- **Level 4** – Qualified to coach in the event group(s) in which they have received a superior degree of specialist Performance / Development training, in an individual event or group of events.

All coaches of Level 2 and above are insured to deliver athletics conditioning work involving running and the use of athletics equipment.

UK Athletics recommend that coaches work within the group of events in which they have specialised.

For more information about the above qualifications or to register onto a course, please visit www.ukathletics.net, click on 'get involved' and then coaching.

A responsible athletics coach will follow the UK Athletics code of conduct that includes:

- respect the rights, dignity and worth of every athlete and treat everyone equally, regardless of background or ability
- place the welfare and safety of the athlete above the development of performance
- develop appropriate working relationships with athletes (especially under 18s), based on mutual trust and respect
- do not exert undue influence to obtain personal benefit or reward
- encourage and guide athletes to accept and take responsibility for their own behaviour and performance and give them as much autonomy as possible
- avoid critical language or actions, such as sarcasm, that undermine an athlete's self-esteem
- do not spend time alone with a young athlete unless clearly in view of others
- ensure that parents / carers know about and have given prior approval in advance if taking a young athlete away from the usual training venue
- respect the right of young athletes to an independent life outside athletics
- adopt safe training regimes appropriate to the age, stage of development and capacity of the athlete
- at the outset, clarify with athletes (and where appropriate their parents or carers) exactly what is expected of them and what performers are entitled to expect from you
- consistently promote positive aspects of the sport (e.g. fair play) and never condone rule violations or the use of prohibited or age-inappropriate substances
- report any accidental injury, distress or misunderstanding or misinterpretation (using a standard accident report form)
- consistently display high standards of behaviour and appearance.

Our club website is: WWW.

Which age group am I in?

The "Competition Year" shall extend from 1st October to 30th September in the following year.

Under 13

- **Track and field** events for Under 13's shall be confined to competitors who are aged 11 or 12 on the 31st August within the Competition Year.
- **Road Running** competition for Under 13's shall be confined to competitors who are aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year.
- **Cross Country** competition for Under 13's shall be confined to competitors who are aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year.

Under 15

- **Track and field** events for Under 15's shall be confined to competitors who are aged 13 or 14 on the 31st August within the Competition Year.
- **Road Running** competition for Under 15's shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year.
- **Cross Country** competition for Under 15's shall be confined to competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year.

Under 17

- **Track and field** events for Under 17's shall be confined to competitors who are aged 15 or 16 on the 31st August within the Competition Year.
- **Road Running** competition for Under 17's shall be confined to competitors who are aged 15 or 16 on 31st August prior to the commencement of the Competition Year.
- **Cross Country** competition for Under 17's shall be confined to competitors who are aged 15 or 16 on 31st August prior to the commencement of the Competition Year.

Junior Men and Women

- **Track and field** events for Junior Men and Women shall be confined to competitors who are 17 or over on 31 August within the Competition Year, but under 20 on 31 December in the calendar year of competition.
- **Road Running** competition for Junior Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year.
- **Cross Country** competition for Junior Men and Women shall be confined to competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year.

Seniors

- Athletes aged 20 and over on 31st August prior to the commencement of the Competition Year

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for more information go to www.ukathletics.net