COMMUNITY COACHING ESSENTIAL SKILLS



Resource Links

1 of 4

Module 1 Safeguarding in Sport

Protecting everyone in Sport

<u>Sport Integrity Australia</u> – providing national policies, resources, and education for anyone who is safeguarding sport in Australia.

<u>National Integrity Framework</u> – The National Integrity Framework provides national sporting organisations with a suite of integrity policies they can adopt, along with access to a free independent complaint handling process, run by Sport Integrity Australia.

<u>Lifeline</u> – providing information, crisis support and assistance who is experiencing a personal crisis, contemplating suicide, or caring for someone in crisis.

<u>1800 Respect</u> – providing information, support and assistance for sexual assault, domestic and family violence and counselling services.

MensLine Australia – providing information, crisis support and assistance to men and counselling services.

<u>Kids Helpline</u> – providing information, support and assistance for young Australians needing counselling or crisis support.

Beyond Blue - providing support, advice and action for anxiety or depression.

<u>Child Safeguarding in Sport Induction Course | Sport Integrity Australia</u> – providing the foundation knowledge and education required to understand and implement the Child Safeguarding Policy.

<u>Child Safe Practices Do's and Don't's</u> – Child Safe Practices have been developed as part of the National Integrity Framework's Child Safeguarding Policy.

<u>Make an Integrity Complaint or report | Sport Integrity Australia</u> – information on how to submit an integrity complaint or report.

Responding and reporting to a breach of the Child Safeguarding Policy (Flowchart) – providing information

<u>Concussion in Sport Australia | Sport Australia | niformation and resources on concussion in sport.</u>

<u>Education | Sport Integrity Australia</u> – education resources about sport integrity for all levels of athletes, their parents, teachers, coaches, and support personnel.

<u>Making Sport inclusive</u>, <u>safe</u>, <u>and fair | Play by the Rules</u> – online training courses for a wide range of subject areas.



Module 2 Who you coach

Engagement

<u>Child Safe Practices Do's and Don't's</u> – Child Safe Practices have been developed as part of the National Integrity Framework's Child Safeguarding Policy.

<u>Aboriginal and Torres Strait Islander Peoples and Sport | Clearinghouse for Sport – information and resources on how sport can break down barriers and assist with entry into Aboriginal and Torres Strait Islander communities.</u>

<u>Australian Coach Toolkit | Inclusion Alliance</u> – providing coaches with a brief resource to assist in achieving successful and inclusive outcomes at all levels of their sport.

<u>Classification | Paralympics Australia</u> - information and resources about what para-sport classification includes and involves.

<u>Coaching Considerations for Female Athletes Online Course | AIS</u> - increase your knowledge regarding health and performance considerations when coaching female athletes

<u>Creating an LGBTI+ Inclusive Club | Play by the Rules</u> – is a free, interactive online training course on creating an LGBTI+ Inclusive Club for coaches.

<u>Disability Inclusion for Coaches Online Course | Inclusion Alliance Australia Course | online course | Inclusion Alliance Australia Course | online course | providing practice tools and tips on basic skills and knowledge to be a more inclusive coach of people with disability in sport and active recreation programs and activities.</u>

<u>AlS Female Performance & Health Initiative | AlS</u> – education and resources relating to key female performance and health considerations.

<u>Inclusion Alliance Australia Website</u> – a collaborative partnership between Sport Inclusion Australia, Deaf Sports Australia, and Blind Sports Australia, which maximises resources, expertise and vast experience over many years working to improve the lives of people with a disability through sport.

<u>Inclusive in Sports Coaching Resource | Inclusion Alliance</u> – a brief resource has been developed to assist coaches to achieve successful inclusion outcomes at all levels of the sport.

<u>Inclusive Sport Framework | Sport Australia</u> – resources in creating positive, inclusive experiences for everyone who wants to participate.

<u>Para-sport Coaching | Paralympics Australia</u> – resources to assist coaches who are working with Paraparticipants or Para-athletes.

<u>Sport | Paralympics Australia</u> - information and resources on Paralympic Australia, including education resources for coaches, teachers, and students.

<u>Trans and Gender Diverse Inclusion | Sport Australia</u> - information and resources to support everyone participating in sport, regardless of their sex or gender identity.

This Girl Can | VicHealth - understanding women's motivations to be involved in sport.

Module 3 Where you coach

Space, equipment, and facilities



<u>Child Safe Practices Do's and Don't's</u> – Child Safe Practices have been developed as part of the National Integrity Framework's Child Safeguarding Policy.

Concussion in Sport Australia | Sport Australia - information and resources on concussion in sport.

<u>COVID Safe Sport | Sport Australia</u> - Sport Australia, in partnership with the State and Territory Agencies for Sport and Recreation have compiled a list of websites with the most up to date information to help sporting organisations undertake competitions and programs in a safe, responsible, and low risk manner.

Module 4 What you coach

Session planning and preparation

<u>Nurturing a Child's Sporting Development | Sport Australia</u> – top 10 tips to nurture and support a child's sporting development.

<u>Physical literacy | Sport Australia</u> – the Australian Physical Literacy Framework providing resources and information on building the skills, knowledge and behaviours that provide participants with confidence and motivation.

<u>Playing for Life | Sport Australia</u> – fun and active games to develop children's skills, confidence, and lifelong interest in sport.

<u>Sport Ability | Sport Australia</u> - inclusive activity cards for all levels of ability designed to develop children's skills, confidence, and motivation for sports-based activities.

<u>Yulunga Traditional Indigenous Games</u> – suitable for children and adults of all ages, abilities, and backgrounds, Yulunga can be used in schools around Australia as an educational resource as a guide to inclusive, structure sport within communities.

Module 5 How you connect

Communication

<u>Child Safe Practices Do's and Don't's</u> – Child Safe Practices have been developed as part of the National Integrity Framework's Child Safeguarding Policy.

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<u>Education | Sport Integrity Australia</u> –education resources about sport integrity for all levels of athletes, their parents, teachers, coaches, and support personnel.

<u>Inclusive in Sports Coaching Resource | Inclusion Alliance</u> – a brief resource has been developed to assist coaches to achieve successful inclusion outcomes at all levels of the sport.

<u>Making Sport inclusive</u>, <u>safe</u>, <u>and fair | Play by the Rules</u> – online training courses for a wide range of subject areas.

<u>Para-sport Coaching | Paralympics Australia</u> – resources to assist coaches who are working with Paraparticipants or Para-athletes.



The Auslan Signbank Dictionary – aid to assist coaches with sign language.

This Girl Can | VicHealth - understanding women's motivations to be involved in sport.

Module 6 How you engage and organise

Stakeholder management

<u>Child Safe Practices Do's and Don't's</u> – Child Safe Practices have been developed as part of the National Integrity Framework's Child Safeguarding Policy.

<u>Influencing and engaging volunteers | Clearinghouse for Sport</u> – outlines a number of factors that either motivate or provide barriers to volunteer participation.

Sport-Volunteering-National-Plan – provides information about the Sport Volunteering National Plan.

<u>Child Safe Practices Do's and Don't's</u> – Child Safe Practices have been developed as part of the National Integrity Framework's Child Safeguarding Policy.

Module 7 How you deliver

Group management

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<u>Education | Sport Integrity Australia</u> – education resources about sport integrity for all levels of athletes, their parents, teachers, coaches, and support personnel.

<u>Making Sport inclusive, safe, and fair | Play by the Rules</u> – online training courses for a wide range of subject areas.

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Additional resources will be available on the Sport Australia Community Coaching website: www.sportaus.gov.au/coaching/course

