



Performance Coach Learner Guide and FAQ

December 2024



Introduction

The Performance Coach certification is designed for accredited and experienced coaches, building upon the Development Coach accreditation. The program is open to individuals aged 16 and older, providing them with the skills and knowledge to deliver discipline-specific coaching sessions, implement effective planning and periodisation, and focus on enhance athlete performance.

Step 1: Course Allocation

It is a prerequisite for this award to hold a coaching accreditation of Development Coach (or equivalent).

Generally, processes will follow the below steps;

- States require the participant to complete an online enrolment before the modules are allocated. Online enrolment can be completed by:
 - Logging into the [SLS Members Area](#) > click on eLearning > Training Library > SLS – Coaching (view courses) > SLS – Performance Coach Enrolment

Please note completion of the online enrolment form does not guarantee course allocation. You will be notified if your enrolment is successful, or if you require further practical experience before upskilling.

Each State/Territory's course allocation processes differ, please contact your [State/Territory](#) for further details.

Note: You will receive an email from 'etrainu LMS' once you have been allocated a course.

Step 2: Obtain a Working with Children Check (WWCC)/Working with Vulnerable People Check (WWVP) or ensure yours is current

- The requirements for WWCC/WWVP are slightly different in each State and Territory. To determine what they are for your situation, please visit the [AIFS website](#)
- Once the requirements for your State/Territory are complete, please provide your SLS Club with your WWCC/WWVP number so this may be recorded in SurfGuard
- Contact your State/Territory if you are unsure of the requirements

Step 3: SLS Child Safe Awareness Course

- Please check the requirement to complete the SLS Child Safe Awareness Course with your [State/Territory](#)
- The course can be completed by: Logging into the [SLS Members Area](#) > click on eLearning > Training Library > SLS – Coaching > SLS Child Safe Awareness

Step 4: Complete the Online Modules

- Login to the [SLS Members Area](#) > click on eLearning > My Training > SLS – Performance Coach
- Complete the 'Performance Coach' eLearning course at your own pace:
 - Australian Sports Commission's Community Coaching – Essential Skills (if not already completed)
 - Introduction to Surf Sport Coaching
 - Developing Performance Level Technical Skills
 - Developing Performance Level Physical Capacities
 - Developing Performance Level Psychological Skills
 - Planning Your Performance Level Coaching Program
 - SLS Coach Workshop Presenter
 - SLS Coach Assessor
 - SLS Coach Mentor

Upon successful completion of the course, you will automatically be allocated SLS “Performance Coach (Online Theory Modules)” award.

Step 5: Complete Sport Integrity Australia’s Anti-Doping Fundamentals Course and Annual Update

- Sport Integrity Australia’s Anti-Doping Fundamentals Course and Annual Update is a pre-requisite for the Performance Coach award
- To access both courses, register with Sport Integrity Australia via [Sport Integrity Australia](#) (no fee)
- Once you have completed this course, log back into the SLS Members Area > eLearning > My Training > Sport Integrity Australia Anti-Doping Fundamentals Course > View Slides > Take Assessment > Complete Question 1 and 2 > Submit

Please note you are required to complete Sport Integrity Australia’s **Annual Update** each year after. The Annual Update is for athletes and support personnel who need to stay up to date on the latest integrity information.

Step 6: Complete the Elective Module

- Each discipline has its own elective and assessment process. Elective modules are in the [SLS Members Area](#) > Login to eLearning > Training Library > SLS – Coaching
- If your elective is available online and have not already completed, please complete it. If your elective is not available online, please contact your State/Territory to put you in contact with a relevant assessor

Please note that if you have already completed eLearning for specific disciplines, you do not need to resit the eLearning.

Step 7: Book in a Workshop/Face to Face Course

- Once you have completed the eLearning, please contact your State/Territory to arrange attendance at a face-to-face or online workshop.

Please note that each state may run this workshop annually or every second year. If your state is not running one within the next year, discuss the possibility of attending the course in another state.

Step 8: Award Allocation

- Once you have completed all the above steps and marked as competent, your Assessor will sign and return your assessment paperwork to you.
- Send your completed Assessment Portfolio to your State/Territory Centre for endorsement and forward to SLS for formal accreditation.

FAQS

Is Development Coach a pre-requisite for Performance Coach?

- Yes. It is a prerequisite for this award to hold a Development Coach (or equivalent). Participants must be minimum 16 years of age

How long does the Performance Coach accreditation last for?

- All courses are accredited for four (4) years
- Please ensure you submit your reaccreditation by the end of the fourth year to maintain accreditation. To reaccredit, complete the coaching reaccreditation form found on the SLS Members Area > Document Library

How long will it take for me to complete the course?

- Each online learning module is designed to take approximately 30 minutes
- The duration of the face-to-face workshop is dependent on each State/Territory. Please note, that there may be a period of time between completing Performance Coach Modules and a face-to-face workshop being available

How much does it cost? How do I pay?

- Each State/Territory differs in price. Please contact your Club/Branch/State/Territory for payment of the Performance Coach course

I've got to the last slide, however it won't let me complete the course.

- Make sure that you have opened every slide in the course and that you have completed all the questions, clicked all tiles/icons and watched each video to the end

How do I locate my Australian Sports Commission Community Coaching – Essential Skills Certificate?

- Log into Sport Australia's Learning Centre (where you completed the officiating course)
<https://learning.ausport.gov.au/login/index.php>
 - Community Coaching – Essential Skills Course > click GO
 - Once logged in click on > Certificate > Click on the words 'Essential skills course certificate' > Click on 'View Certificate'
 - Your certificate number can be found at the bottom of the certificate

Where can I find the expiry date of my Coaching qualification?

- Log into the [SLS Members Area](#) > Memberships > Awards > SS – Performance > Expiry Date

If I would like a copy of my certificate of completion, where can I find it?

- Log into the [SLS Members Area](#) > click on eLearning > My Training > scroll down to Completed Courses > SLS – Performance Coach > Click on Certifications > Certification 1

Where can I find the Surf Sports Manual?

The Surf Sports Manual can be found in two locations:

- www.sls.com.au/ssm
- [SLS Members Area](#) > Document Library > Organisation – Surf Life Saving Australia > Search – Surf Sports Manual

What other courses would further increase my knowledge as a coach?

- Sport Integrity Australia have a range of courses from Clean Sport 101 to Coaches Course. Courses can be located on Sport Integrity Australia's website <https://elearning.sportintegrity.gov.au/>
- The Australian Sports Commission has a wide range of resources available for Community coaching and High Performance coaching located [here](#).
- SLS recommends that before incorporating resistance training into training programs (especially power and strength training using weights), coaches undertake the Australian Strength and Conditioning Association's Level 1 Coaching Qualification. For more information click [here](#).
- SLS Sports Hub platform is a central hub for all things sport and is accessible via the [SLS Members Area](#) > Sports Hub. Within Sports Hub is Coach Connect. Coach Connect hosts coaching resources across all disciplines of sport which also has the capacity to facilitate online workshops which can be viewed live or at a later date. Coach Connect is designed to support the continuous development of accredited surf sport coaches.

If you require technical assistance with the SLS Members Area or with the online training process, consult the *SLS eLearning User Guide* available on the [SLS IT Helpdesk website](#).