**SECTION 1 – Information**

**About the ASCA**

The Australian Strength and Conditioning Association (ASCA) is an incorporated non-profit organisation and the accrediting body for strength and conditioning (S&C) professionals in Australia as recognised by the Australian Sports Commission and its high-performance programs of the Australian Institute of Sport (AIS). The ASCA aims to provide high-level professional support, development and research opportunities while continuing to enhance education for S&C coaches. The ASCA is internationally recognised with affiliates across the globe and currently has thousands of accredited coaches involved in coaching athletes at all levels of participation from the club through to Olympic and professional sporting levels.

ASCA – Ensuring excellence in strength and conditioning.

**About the Recognised Industry Provider (RIP) Pathway**

There are multiple pathways to gain ASCA Level 1 S&C Coach Accreditation. These include course attendance, Recognition of Prior Learning application or RIP application. RIPs are approved as providing education that aligns with components of the ASCA Level 1 Accreditation. To apply, students are required to complete the indicated course/s and or modules with the RIP and complete all other outlined requirements found within the application form.

**Application Process**

# STEP 1 – Review application requirements

Each RIP has varying requirements that students must meet to apply for accreditation. Read the application form applicable to your institution for further information. Current information and application is available via the ASCA website. Applicants must be 18+ years of age.

# STEP 2 – Information required

Applicants are required to provide evidence of the below outlined items along with a completed application form.

# STEP 3 – Minimum requirements

Application for ASCA Level 1 S&C Coach Accreditation requires the following:

* A copy of academic transcript of completion of certificate IV SIS40221 in Fitness from Fit Education PTY LTD.
* Be a current member of the ASCA.
* Complete the specified ASCA Level 1 Exercises, under the required supervision, as per the guidelines enclosed within this information.
* Complete 30 hours practical coaching, including supervised hours as per the enclosed information.
* Complete and signed ASCA Consent and Coach’s Code of Behaviour Agreement (See agreement & form following).
* Successfully complete the Sport Integrity Australia Anti-Doping Fundamentals Online Course.
* Provide a current Working with Children/Vulnerable Persons certification relevant to your state - This is a requirement for coaches living and practicing in Australia. International coaches are not required to provide this, however if an international equivalent is available, it is recommended a copy is provided to the ASCA.
* Payment of application fee.

# STEP 4 – Application

Application must be submitted no later than **6 months post-completion** of the outlined course/s and or module/s.

**Fees**

Application Fee = $99.00

ASCA Membership (if applicable) = $85.00

**Submission**

**Always retain a copy of your application**.

Forward completed application along with payment details to:

**Email**

*Scan* documents and send to info@strengthandconditioning.org

**\*\*\*Do not send photos of documents please\*\*\***

If you do not have a document scanner please refer to your mobile device manual as most now have document scanning options.

**Post**

ASCA

PO Box 3586, Helensvale Town Centre, QLD 4212

# SECTION 2 - Application

# Applicant’s Details

|  |  |  |  |
| --- | --- | --- | --- |
| **First Name** |  | **Surname** |  |
| **Phone (m)** |  | **DOB** |  |
| **Email** |  |
| **Address** |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Gender** |  | Male |  | Female |  | I do not wish to disclose. | I identify as: |  |

**Membership Requirements**

All coaches accredited by the ASCA are required to maintain membership as part of their accreditation.

|  |  |
| --- | --- |
|  | I am already a current member |
|  | I am not a current member. Please add membership to my application if approved. |
|  | I am unsure if I am a current member. Please check my details and if I am not a member add membership to my application if approved. |

|  |  |  |  |
| --- | --- | --- | --- |
| New Student Member | $85.00 | Renewing Student Member  | $75.00 |

# Application Requirements

# I have provided the below listed requirements to support this application (please check boxes):

|  |  |
| --- | --- |
|  | A copy of academic transcript of completion of certificate IV SIS40221 in Fitness from Fit Education PTY LTD. |
|  | Current ASCA Member or have completed details to become a member above. |
|  | Completed and signed the ASCA Consent and Coaches Code of Behaviour Form. (Section 4) |
|  | Complete the specified ASCA Level 1 Exercises, under the required supervision, as per the guidelines enclosed within this information. (Section 5) |
|  | Completed 30 hours practical coaching, including supervised hours. (Section 6)  |
|  | Provided evidence of completing the Sport Integrity Australia Anti-Doping Fundamentals. Coaches are only ever required to complete this once. https://elearning.sportintegrity.gov.au/  |
|  | Provided evidence of a current Working with Children/Vulnerable Persons check relevant to my state. |
|  | Provided payment details. (Section 3)  |

# SECTION 3 - Payment

# Payment Details

All payments are to be made in $AU and are inclusive of GST. Applications will not be processed without payment. All payments made by credit card incur a 2.0% processing fee. There is no refund of Membership fees once payment is processed. Information on this form is entered into the ASCA database of registered members. Database information is not passed on to any third party unless permission is granted by the applicant. Coaches will be sent relevant up-to-date information and may be contacted by the ASCA, unless the ASCA is otherwise notified by the applicant. A full copy of the ASCA Privacy Policy can be found on the ASCA website.

*“I acknowledge that the ASCA may take disciplinary action against me, if I breach (or allegedly breach) the ASCA Member’s Code of Ethics (Gov. Policy No. 9), the ASCA Consent and Coach’s Code of Behaviour, the ASCA Constitution or any other applicable ASCA governing document which the ASCA may implement from time to time. I agree to be bound by and submit to the disciplinary procedures in accordance with the ASCA Disciplinary Procedure Regulation, including any disciplinary action taken against me”*

|  |  |  |
| --- | --- | --- |
| **Application Fee** | **$** | **99.00** |
| **ASCA Membership Fee - $85.00 if applicable** | **$** |  |
| **2% processing fee – Credit card payments only** | **$** |  |
| **TOTAL to be paid** | **$** |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Cheque/Money Order |  | AMEX |  | MasterCard |  | Visa |  |

|  |  |
| --- | --- |
| Card Number |  |
| Card Expiry Date |  | CCV |  |  |
| Name on Card |  |

|  |  |
| --- | --- |
|  | I grant permission to the ASCA to process payment for this application. |

|  |  |  |  |
| --- | --- | --- | --- |
| **Full Name** |  | **Signature** |  |

**SECTION 4 – ASCA Consent & Coaches Code of Behaviour Agreement**

**Participant’s Details**

|  |  |  |  |
| --- | --- | --- | --- |
| **First Name** |  | **Surname** |  |
| **Email** |  |
| **Mobile Ph** |  | **Home Ph** |  |
| **Address** |  |
| **Club or Company Affiliation** |  |
| **Position Held** |  |

The ASCA endorses the Sport Australia’s Code of Behaviour that provides guiding principles that reflect and uphold fairness, respect, responsibility, and safety that lead to appropriate behaviour regardless of a person’s involvement in sport as outlined below:

* Operate within the rules and spirit of your sport, promoting fair play over winning at any cost.
* Encourage and support opportunities for people to learn appropriate behaviours and skills.
* Support opportunities for participation in all aspects of the sport.
* Treat each person as an individual.
* Display control and courtesy to all involved with sport.
* Respect the rights and worth of every person regardless of their gender, ability, cultural background, or religion.
* Respect the decision of officials, coaches, and administrators in the conduct of sport.
* Wherever practical, avoid unaccompanied and unobserved one-on-one activity.

(When in a supervisory capacity or where power imbalance will exist) with people under the age of 18 years.

* Adopt appropriate and responsible behaviour in all interactions.
* Adopt responsible behaviour to alcohol and other drugs.
* Act with integrity and objectivity and accept responsibility for your decisions and actions.
* Ensure your decisions and actions contribute to a safe environment.
* Ensure your decisions and actions contribute to a harassment free environment.
* Do not tolerate harmful or abusive behaviours.
* Place the safety and welfare of the athlete above all else.
* Help each person (athlete) reach their potential – respect the talent, development stage and goals of each person and compliment and encourage with positive and supportive feedback.
* Any physical contact with a person should be appropriate to the situation and necessary for the person’s skill development.
* Be honest and do not allow your qualifications to be misrepresented.

**To – The Australian Strength and Conditioning Association Inc.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **I am seeking (please select one):** | Registration | X | Re-registration | **-** |  |

**For the following Accreditation – Strength and Conditioning (Sport) Level (please select one):**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ASCA Accreditation** | Intro to S&C Coaching | - |  |  |
| **ASCA and NCAS Accreditation** | Level 1 | x |  |  |
|  | Associate L2 | - | Professional L2 | **-** |
|  | Elite L3 | - | Master L3 | **-** |

I agree to the following terms:

1. I agree to abide by the Australian Strength and Conditioning Associations Code of Behaviour (outlined above).
2. I acknowledge that the ASCA may take disciplinary action against me, if I breach (or allegedly breach) the ASCA Member’s Code of Ethics (Gov. Policy No. 9), the ASCA Consent and Coaches Code of Behaviour, the ASCA Constitution or any other applicable ASCA governing document which the ASCA may implement or amend from time to time. I agree to be bound by and submit to the disciplinary procedures in accordance with the ASCA Disciplinary Procedure Regulation, including any disciplinary action taken against me.
3. I acknowledge that disciplinary action against me may include de-registration from the National Coaching Accreditation Scheme.

Please refer to the *Harassment Free Sport Guidelines* available from the Australian Sports Commission if you require more information on harassment issues.

**ASCA Consent Form**

The World Anti-Doping Agency is responsible for the review and development of the World Anti-Doping Code (The Code). The Code in turn informs ASADA’s anti-doping programs, including the National Anti-Doping Scheme (NAD Scheme).

The ASCA welcomes the changes to The Code. To enhance the integrity of Strength and Conditioning Coaches all coaches are now required to be compliant with Article 2.10 of The Code by signing this Consent Form and Coaches Code of Behaviour Form and returning to the ASCA

I have not at any time engaged in Prohibited Association as prescribed under Article 2.10 of the World Anti-Doping Authority (WADA) Code (in effect from 1 January 2021), meaning association in a professional or sport-related capacity with any Athlete Support Personnel who:

1. is serving a period of Ineligibility; or
2. has been convicted or found in a criminal, disciplinary or professional proceeding to have engaged in conduct which would have constituted a violation of anti-doping rules; or
3. is serving as a front or intermediary for an individual described in (a) or (b) above.

The 2021 WADA Code can be viewed via the WADA website.

|  |  |  |
| --- | --- | --- |
| Full Name |  |  |
| Signature |  | If under 18 parent/guardian signature |
| Date |  |  |

**SECTION 5 - Practical Assessment**

**About**

The aim of the Practical Assessment is to determine if participants have developed the standards of coaching competency as required as part of the Level 1 Course.

**Participants**

Participants are required to demonstrate their coaching ability and meet the performance criteria consistently. It is a requirement to pass each component of the outlined practical assessment. Participants are required to seek an approved accredited assessor and complete this requirement under their supervision and verification. Approved accredited ***assessors must be an ASCA Accredited S&C Coach at a minimum of Associate L2***. Generally, participants complete the practical assessment and the supervised coaching hours under the supervision of the same approved accredited assessor, however this is not compulsory.

**Assessors**

Assessor feedback is to be recorded on the following sheet. Assessors should provide feedback where appropriate to ensure coaching quality, safety and standards are met by participants.

**Participant Details (Please print clearly in block letters)**

|  |  |  |  |
| --- | --- | --- | --- |
| **First Name** |  | **Surname** |  |
| **Email** |  |

**Level 1 Exercises Required to be Verified**

The participant has demonstrated a competent understanding of the teaching/coaching progressions for, and technique analysis of the following exercises:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Bench press |  | Push press |  | Front squat |
|  | Squat |  | Deadlift |  | Power clean from hang |
|  | Chip Up | Please mark each exercise as: ✓ = Competent X = Not yet competent |

|  |
| --- |
| Comments/Feedback |
|  |

**Accredited Assessors Details**

|  |  |
| --- | --- |
| **Assessor’s Full Name** |  |
| **Assessor’s ASCA Accreditation Level** |  | **Expiry Date** |  |
| I verify that the applicant has completed and met the requirements outlined. |
| **Signed,** |  |

**SECTION 6 - Practical Coaching Hours**

**Recognised Industry Provider**

**FIT EDUCATION PTY LTD - Certificate IV SIS40221 in Fitness.**

**Information**

The Fit Education ASCA Recognised Industry Provider Agreement requires applicants to complete 30 hours of practical coaching experience. Hours are to be completed in the area of strength and conditioning and are to be completed as follows:

**10 hours (minimum)** - Under the supervision of an ASCA approved mentor coach.

**20 hours**  - Self-monitored coaching with ***athletes.***

Applicants that do not currently coach athletes can choose to complete all required hours with a mentor coach/es.

**FAQ**

**When does it need to be completed by?**

Hours are to be completed and documentation returned to the ASCA National Office **along with the full application**.

**How do I do this?**

Hours are to be completed in the training process of **athletes,** as opposed to general members of the public (**Personal training is not acceptable**). The athletes can be any age, sex, sport and level of competition. Involvement in the training process is described as any or all of the following: observation, supervision, program design, and assessment.

**Who do I do this with?**

Supervised practical hours are to be completed with a person who holds a current ASCA Level 1 or higher accreditation. The aim of this is to gain the benefits associated with having a ‘mentor’, someone to guide you in the attainment of practical skills. There are other benefits, including networking that may contribute to future employment. It is the responsibility of your mentor to be comfortable with your coaching capabilities before signing your form.

**How do I find a mentor coach?**

The ASCA ‘Mentor Coach’ link on the ASA website provides participants with contact of coaches who wish to volunteer their time to assist coaches with their practical requirements. In addition, most major sporting teams/academies/institutions will have an ASCA accredited strength and conditioning coach employed. In the event you have exhausted these options you are invited to contact the ASCA National Office for assistance.

**Please note that the 10 hours of supervised coaching are to be completed in the role of Strength and Conditioning. Hours can be obtained by coaching, observing, and assisting. All supervised hours are to be signed off by an ASCA accredited coach level 1 or above.**

**In the instance an ASCA coach is unavailable the ASCA will accept the supervised hours to be completed with a coach from another sport but the sport must have an Accreditation recognised by the National Coach Accreditation Scheme which is administered by the Australian Sports Commission and they must have an NCAS number and provide details of the sports they are accredited through.**

**Please note that these are the only accreditations that the ASCA accept to supervise these hours.**

**Participant Details (Please print clearly in block letters)**

|  |  |  |  |
| --- | --- | --- | --- |
| **First Name** |  | **Surname** |  |
| **Email** |  |

**Recognised Industry Provider**

**FIT EDUCATION PTY LTD - Certificate IV SIS40221 in Fitness**

**Mentor Coach 1 Details**

|  |  |  |  |
| --- | --- | --- | --- |
| **First Name** |  | **Surname** |  |
| **Phone (m)** |  |
| **Email** |  |
| **Address** |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **ASCA Accredited** | **Level** |  |  |  |
|  |  | **NCAS Accredited in another sport** | **Level** |  | **Sport** |  |
| **All mentor coaches, ASCA or other sport must provide their NCAS Number** |  |

**Mentor Coach 2 Details – Only complete if using more than 1 mentor.**

|  |  |  |  |
| --- | --- | --- | --- |
| **First Name** |  | **Surname** |  |
| **Phone (m)** |  |
| **Email** |  |
| **Address** |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **ASCA Accredited** | **Level** |  |  |  |
|  |  | **NCAS Accredited in another sport** | **Level** |  | **Sport** |  |
| **All mentor coaches, ASCA or other sport must provide their NCAS Number** |  |

|  |
| --- |
| **Supervised Practical Coaching Experience – 10 Hours.** |
| **Date** | **Activity** | **No. Hours** | **Sport** | **Location/****Club** | **Mentor****Signature** |
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| **Self-Monitored Practical Coaching Experience – 20 Hours.** |
| **Date** | **Activity** | **No. Hours** | **Sport** | **Location/****Club** |
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**Note - Print duplicate ‘Recording Pages’ if required.**

**If more than one mentor or supervising coach is used, please provide details for each.**

**SUBMISSION**

**Always retain a copy of your application**.

Forward completed application along with payment details to:

**Email**

*Scan* documents and send to info@strengthandconditioning.org

**\*\*\*Do not send photos of documents please\*\*\***

If you do not have a document scanner, please refer to your mobile device manual as most now have document scanning options.

**Post**

ASCA

PO Box 3586, Helensvale Town Centre, QLD 4212