



The British Kendo Association Jodo and laido Level Two Coaching Course

17th February 2024 <u>Training Athletes</u> <u>Delegate notes</u>

From - Coach Development officer - maark@bas.ac.uk

Application for these notes will close 20th January

The course will be led by Martin Clark – laido Coach Tutor A N Other - laido Coach Tutor

The L2 Course laido/Jodo specific

The L2 course is aimed at existing level one coaches wishing to further their knowledge and gain a greater understanding of how to enhance their coaching style.

The tag line "Training athletes" is there to impress upon the delegates their responsibility in training students for grading and competition and to impress on them the importance of technical input for their students and gain an understanding of different approaches to getting the information to the student.

As stated in the delegate notes.

Please bring video equipment as you see/think necessary, and any equipment needed for your presentation.

The L2 course has an amount of pre-course work as laid out in the introduction that should be completed and forwarded to the Coach Program officer a minimum of two weeks prior to the course as set out in IJC2-01 of the delegate's notes.

Exercise

Before attendance at the level 2 course you are to complete the following headline tasks:

- 1. Carry out a Specific Risk Assessment for your Dojo
- 2. Create a Safe System of Practice document
- 3. Create two Usable documents:
 - a. A "Welcome to the Dojo" letter to new members
 - b. A Dojo "MOT" document
- 4. Design and create an accident reporting log

Exercises 1 and 2 should be bought with you on the day of the Level 2 course

Exercises 3 and 4 should be emailed to the Course Coordinator/Coach Program Officer **at least 2 weeks** prior to the course along with your presentation.