

England Ice Hockey Coaching Regulations 2023-2024

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9. Introduction

The coach in ice hockey is the person responsible for directing the team during games and practices, prepares strategy and decides which players will participate in games.

EIH are committed to ensuring that coaching across the sport of ice hockey in England and Wales is delivered to a consistently high standard. To ensure all coaches are qualified to a minimum standard, EIH have developed coaching qualifications to enable coaches to obtain their EIHA licence. In addition, EIH are committed to developing coaches and provide a range of recommended professional development opportunities, alongside ensuring all coaches keep up to date with changing regulations and practices.

“Coaching qualifications offer formal recognition of a ‘fit-for-purpose’ coach. This is someone that can coach a specific sport, or discipline, in a particular environment to a recognised standard as defined by the governing body”. UK Coaching

9.1 General

It is mandatory for all coaches to:

- be registered with EIH and an EIH affiliated club
- have paid all required fees and dues to EIH
- understand the rules and regulations for the sport
- understand the rules for the age group and competition they will be coaching
- follow EIH Code of Conduct and follow all EIHA rules, regulations and policies
- comply with UKAD’s anti-doping police and WADA’s anti-doping code
- have a DBS clearance
- be a competent skater
- have undertaken an EIH qualification in coaching
- have undertaken an EIH first aid qualification / first aid at work qualification
- be able to communicate effectively in English

9.2 Registration

All coaches must register directly with EIH using the online portal. Registrations must be approved by EIH before the coach’s license and insurance are confirmed. For more on registration, including terms and conditions of registration, please see *section 1 of EIH Rule Book*.

9.2.1 Coaching levels

EIH currently offers the following coaching qualifications:

- Foundation Coach
- Level 1 (L1) Assistant Coach
- Level 2 (L2) Team Coach
- Level 3 (L3) Advanced Coach (IHUK)

The coach does not have to maintain an EIH membership during the entirety of the valid qualification, however, they must hold an EIH membership to coach at any EIHA sanctioned competition. Should a coach have been inactive for more than three seasons, they will be

required to bring any CPD up to date and will be expected to attend one or more clinics depending on the time for which they have been inactive.

EIH reserve the right to add additional professional development requirements during the licence period, particularly with regards to changing legislation and procedures including but not limited to safeguarding, GDPR and first aid. In such instances, EIH will make every endeavour to give coaches sufficient time to complete courses, whilst ensuring legal compliance.

EIH recommend that a coach ensures all courses that expire are re-completed 30 days before they are due to expire. Should any module expire, the coach's qualification will be invalid and their licence will be temporarily suspended pending completion of the expired module(s). Should more than 90 days elapse between expiration and completion of required modules, the coach's licence will be revoked.

9.2.2 Accelerated programme

The EIH offers an accelerated programme for players who would like to attain their EIH coaching license.

Players must apply directly to the EIH for clearance that they meet the minimum requirements outlined for the accelerated programme and must complete all required online courses as outlined in *section 9.3*. In-person course requirements must be completed within 12 month of the granting of the temporary license.

Any former player that has played National Division 2 for more than one season in last five years or a higher division for more than three seasons more than five years ago can apply to be granted temporary L1 Coach license status using the accelerated programme process.

If a player has played at least one full season in National Division 1 or WNIHL 1 or above in UK in last five years they may be granted a temporary L1 Coach license for 12 months. The in-person L1 Ice Hockey specific course and First Aid must be completed within 12 months of the application.

If player has played more than one full season in NIHL or WNIHL Elite or above in last five years they may be granted a temporary L1 Coach license for 12 months. The in-person L1 Ice Hockey specific course and First Aid must be completed within 12 months of the application.

On the accelerated programme, upon completion of the L1 coaching course, the coach can apply for a temporary L2 Coach license. The in-person L2 Ice Hockey specific course and First Aid must be completed within 12 months of the application.

Any player that has played for any of the senior GB national teams (men's or women's) can apply for a temporary L2 Coach license. All online courses must be completed. The in-person L2 Ice Hockey specific course and First Aid must be completed within 12 months of the application.

9.3 Course content and delivery

All courses are designed to ensure coaches are adequately trained in a range of coaching techniques and delivery of technical elements of the sport of ice hockey. Courses are

provided through a mixture of e-learning and in-person courses. A brief syllabus is outlined in the table below. The full pathway is available in *Appendix 9a*.

EIH reserve the right to alter the course content at any stage.

This pathway applies to any new coach, or any coach wishing to progress from their current level of certification from July 2023.

Course	Foundation Coach	L1 Assistant Coach	L2 Team Coach
Clearance with DBS check via Vibrant Nation*	•	•	•
Level 8 skating signed off by coach	•	•	•
EIHA E-Learning Modules			
Safeguarding and Protecting Children (NSPCC course)*^	•	•	
Basic introduction to GDPR*^	•	•	•
UK Coaching E-Learning Modules			
How to: Plan, Coach, Reflect (Formerly How to Coach: Plan, Do, Review)	•	•	•
Duty to Care	•	•	•
Sudden Cardiac Arrest*	•	•	•
Get into Coaching		•	•
Creating a Successful Coaching Environment (Formerly Inspiring Positive Behaviour in Sport)		•	•
Mental Health Awareness for Sport and Physical Activity		•	•
Concussion Awareness for Coaches*		•	•
NSPCC Safeguarding Virtual Classroom*			•
In-person courses			
L1 Ice Hockey specific course		•	
Basic First Aid		•	
L2 Ice Hockey specific course			•
First Aid in Sport*			•

Coaches must progress through each level of coach qualification to be eligible to move up to the next level, completing all courses before receiving their full license. All coaches are given a 90-day temporary license, a grace period to complete courses, but must be supervised by a fully qualified coach whilst coaching whilst on a temporary license. Anyone who has attended a L1 or L2 Ice Hockey coaching course previously does not need to attend again.

L1 coaches must also have a minimum of one season's experience before progressing to a L2 coach course.

All courses denoted with a * must be completed every three years to maintain licensure. All courses denoted by ^ can be completed via EIH, or equivalent qualifications may be accepted as outlined below.

9.3.1 New CPD requirements for 2023-2024

The following new CPD requirements apply to all coaches.

- Existing L1 and L2 coaches must complete the concussion course by 1 July 2024.
- Existing L1 and L2 coaches must complete an in-person First Aid course by 1 July 2024; please see accepted courses below. For the 2023/2024, they must have a valid online First Aid certificate or above.

- Existing L2 coaches must complete Safeguarding Virtual Classroom by 1 July 2024.
- New and existing L1 and L2 coaches must also complete two and four elements of CPD respectively either in person (for example, by volunteering at an EIH run event) or online (for example, via short courses on UK Coaching) every three years from 1 August 2023 to maintain their license.

A piece of CPD can be defined as a singular course (online or in-person), singular informal evidenced learning such as a UK Coaching toolkit, attendance at an EIH advertised clinic of any length, and volunteering at an EIH event (each event counting as one piece of CPD).

9.3.2 DBS requirements

From 2023/24 enhanced DBS checks must be completed via EIH's Vibrant Nation service. DBS checks are required where a coach is working with U18s on a regular basis. This includes open age clubs with U18s. The cost of the first DBS will be covered by EIH. We encourage to sign up to the automatic annual update for free. If you have not signed up for the annual update, you will need to renew your DBS every three years at your own cost via Vibrant Nation.

9.3.3 Qualifications from other providers and 'equivalent' qualifications

EIH accept qualifications from other providers as follows:

9.3.3.1 Basic First Aid (L1 Coaches)

We accept in-person First Aid courses from the providers below. This is mandatory for L1 coaches:

- FA Introduction to First Aid in Football (online)
- Emergency First Aid in Rugby Union (in person)
- Training Express Sports First Aid (online)
- Pro Trainings UK Sports First Aid Level 3 (online)
- Any CPD accredited provider listed here: <https://www.reed.co.uk/courses/sports-first-aid/online>
- First Aid at Work and Emergency First Aid at Work accredited courses (in-person)
- Allied Health Professionals with up-to-date CPD

Allied health professionals must also submit a copy of their licence and registration number. If you have completed a course from any of the providers not listed, please email info@eiha.co.uk so that we can advise whether or not we can accept your qualification.

9.3.3.2 Sport First Aid (L2 Coaches)

We accept in-person Sport First Aid courses from the providers below. This is mandatory for L2 coaches. Courses must be a minimum of one-day and have taken place in person.

- Hampden – National Sports First Aid course
- World Rugby – First Aid in Rugby Level 1 course
- RFU Emergency First Aid in Rugby Union (EFARU) (Please note, the RFU EFARU training videos they are NOT a replacement for the face to face EFARU course).
- Irish Rugby Union SAFE Level 1 course
- Battlefield Advanced Trauma Life Support (BATLS)
- First Response Emergency Care Level 3 & requalification course (FREC Level 3)
- First Response Emergency Care Level 4 (FREC Level 4)
- FREC Immediate Life Support [ILS] Level 4

- St Johns Basic Sports First Aid
- The Red Cross First Aid for Sports Course Fitness First Aid – Level 3 award in First Aid for Sport (RQF)
- ITC Level 3 Award in First Aid for Sport, Exercise and Fitness ITC Certificate for Sport Exercise and Fitness at SCQF Level 6
- First Responder for Sport (FRS) Level 2 First Aid delivered by the FAW
- Allied Health Professionals with one of:
 - Advanced Life Support (ALS)
 - Advanced Trauma Life Support (ATLS)
 - Pre-Hospital Trauma Life Support (PHTLS)
 - PILS Paediatric Intermediate Life Support (consider completing adult life support course EFAiF or above)
 - PALS Paediatric Advanced Life Support (consider completing adult life support course FA Level 2 EFAiF or above)

Allied health professionals must also submit a copy of their license and registration number. If you have completed a course from any of the providers not listed, please email info@eiha.co.uk so that we can advise whether or not we can accept your qualification.

The following are considered Allied Health Professionals for the purposes of this document.

- Paramedics with IHCD paramedic course; Paramedic foundation degree or MSc in Paramedical Science, registered with the HCPC who have proof of regular annual training and are currently practising on the road or in a training centre.
- Nurses registered with NMC currently working in an emergency environment (Emergency department)
- Therapists with a Graduate qualification in sports therapy or rehabilitation who also hold registration with SST, STA, STO, FHT or BASRAT.
- Physiotherapists registered with the HCPC
- Doctors registered with the GMC

9.3.3.3 GDPR

We accept any GDPR course from the following website <https://cpduk.co.uk/courses> or from the British Safety Council. Alternatively, you can access EIH course for free on training.eiha.co.uk

9.3.3.4 NSPCC Safeguarding (Foundation and L1 Coaches)

We accept online safeguarding courses from the providers below:

- RFU Introduction to Safeguarding
- FA Safeguarding Children in Sport

9.3.3.5 NSPCC Safeguarding Virtual Workshop (L2 Coaches)

We accept any NSPCC safeguarding in-person course but recommend the virtual workshop provided by UK Coaching.

To submit equivalent documentation, please email info@eiha.co.uk with your certificate showing your name and expiry date clearly.

9.3.4 Non-UK qualifications

This section applies to coaches coming from outside the jurisdiction of Ice Hockey UK and EIH.

Non-UK qualified coaches must hold or have held a coaching qualification from their home association (which must be an association recognised by the IIHF) within the last three years. A copy of the qualification certificate and a written reference from the club or clubs at which they coached will be required.

In addition, coaches working with children aged under 18 must comply with the requirements for safeguarding training and DBS check. All coaches taking charge of any session require a first aid certificate. As UK DBS checks include only a limited amount of criminal record details from overseas, any coach who at any time since the age of 18 has been resident outside the UK must provide the equivalent of a disclosure from all other countries in which they have resided.

As most countries that have a formalised coaching programme have child protection policies in place, this requirement will enable EIH to carry out checks in line with our risk assessment before allowing coaches to work with young people. The measures outlined are in line with EIH safeguarding policies, risk management policies, and insurance cover.

EIH will apply equivalency to the qualification when evidence has been received and verified. EIH reserve the right to require a coach to undertake additional training.

Any coach with a qualification obtained outside EIH and are a non-UK resident must also ensure they have the correct work permit to register with EIH.

9.4 Team requirements

It is mandatory for all teams at junior and senior hockey to have a L2 coach or above in charge on the ice and on the bench, including during practice. The minimum age to be in charge of a practice session or bench is 18 years of age.

There is no mandatory coaching requirement for Recreational Hockey* and University Hockey whereby it is recommended that there is at least an L1 coach present.

*This only applies if all players are aged 18 or above, otherwise the normal EIHA requirements apply.

9.4.1 Coach / player ratios

The minimum requirements for running on ice sessions, practices, training camps and hockey schools is a qualified and registered L2 coach (or above) and a qualified and registered L1 coach (or above).

A L2 coach (or above) must be in charge and on ice at all times, assisted by the necessary number of assistant coaches as demonstrated in the table below.

Players	Ratio
1-20	Minimum of 1 L1 coach plus 1 L1 coach
21-30	Minimum of 1 L2 coach plus 2 L1 coaches
31-40	Minimum of 2 L2 coaches plus 2 L1 coaches
41-60	Minimum of 3 L2 coaches plus 3 L1 coaches

In addition, the following ratio of adult to children supervision must be adhered to:

Age	Ratio
U10	1 adult to 10 children
U18	1 adult to 12 children

Any L1 or L2 coach can be substituted by a more qualified coach.

Player/coaches do not count towards the above ratios if they are involved in gameplay as a player. Any other person assisting on the ice in the running of an on-ice session / practice must be properly qualified and registered through EIH to at least an L1 coach level.

9.4.2 Skills demonstrations

Skills demonstrators may be used under the direction of a qualified and registered L2 coach (or higher). Demonstrators do not count towards the required coach player ratios.

All demonstrators must be made aware of and adhere to EIH's safeguarding policies and procedures. To act as a demonstrator a DBS is not required, but the demonstrator's participation should always be under the strict and close supervision of a L2 coach and restricted to:

- Setting out equipment
- Demonstrating skills and drills
- Shooting for goalkeeper practice

Registered adult players can be used as skills demonstrators, but they are not permitted to coach, and they must not actively participate in coaching.

Under 18 players aged over 16 in full playing kit (including helmet and cage) may go on the ice as demonstrators.

All demonstrators must properly wear an approved ice hockey helmet for all on ice activities. Demonstrators are not permitted to take part in games or scrimmages.

Unqualified assistants, i.e. players or unregistered coaches on the ice will render all insurance null and void.

Note: These requirements also apply to recreational teams where any U18 players are involved on the ice.

9.4.3 Minimum bench requirements

On match days, all bench staff including player coaches, must be named on the team list and the appropriate license number provided. Registered coaches and managers must display their licenses for the duration of the game. No person under the age of 18 can take control of the bench.

At the start of each game, each team must delegate a person in charge of the bench who meets the following requirements:

- Aged 18 or above
- Qualified EIHA L2 coach or above and not playing in the fixture
- Each bench must also have a L1 coach or a Team Manager

If the L2 coach in charge of the bench is ejected from or leaves the game, another L2 must take charge. Where there are no alternative options, should the team have a suitably qualified L2 player coach, they are permitted to take over the bench, provided they do not return to the ice as a player for the remainder of the game and they are denoted on the team list as a player coach prior to the start of the game. L1 coaches and team managers are not permitted to take charge of the bench under any circumstances.

If no suitably qualified official is able to take over the bench, the game must be abandoned. Failure to meet the minimum gameday team official requirements will be classified as *failure to fulfil the fixture*. The match may go ahead as a challenge game should this be deemed safe by officials.

9.4.3.1 Referee responsibilities

Referees are required to check coach registrations before all games. If there are insufficient coaching staff on the bench, the game will be abandoned and disciplinary action against the club may be taken. Referees cannot and must not allow a game to start or continue where the minimum bench coaching requirement is not fulfilled.

For league hockey, everybody on the team bench who does not play for that team needs to be registered with the education programme as a coach, manager, child protection officer, medical professional or off-ice team official. The only exception is reporters who are not part of the regular team staff; these are deemed to be under the control of the head coach in charge of the team (note that unregistered people will not be covered by EIHA's insurance). It is assumed that anyone who goes on the bench with a team has a responsible position with that team and the opportunity for close contact with young players.

9.5 Other programmes

9.5.1 Non-EIHA beginner programmes

Beginners' sessions run by the rinks themselves do not come under EIHA's jurisdiction. However, it must be noted that caution should be taken to ensure that adequate and suitable supervision is given at these sessions. It is recommended that EIHA coaching protocols, including recognised qualifications and player / coach and child supervision ratios are followed.

Beginners' sessions run by registered EIHA clubs must follow EIHA coaching protocols.

9.5.2 Hockey schools and camps

All hockey schools/camps involving EIHA players and/or coaches must be approved and registered by EIHA. Insurance of players and coaches is **not valid** for participation in a non-approved event.

Organisers should follow the application process outlined in EIHA Rule Book.

9.5.2.1 Non-EIHA qualified coaches (hockey schools and camps only)

Coaches must provide evidence of their highest and most recent qualifications if obtained from an organisation other than EIH, SIHA or IHUK.

Visiting coaches must hold a current qualification from their parent association and must provide evidence of insurance from their home country that is valid in the UK. Coaches must be registered with EIH coaching programme unless they can provide evidence that they are insured for coaching. A work permit may also be required for a coach brought in from outside the UK.

It is the responsibility of the organiser(s), Head Coach and the rink to ensure that all coaches have completed the required legal requirements of HM Immigration to undertake the duties required of them.

It is the responsibility of the organiser(s), Head Coach and the rink to ensure that where required visiting coaches have a current equivalent of DBS from their home country and are registered with that association.

For all in house schools / selection Camps that involve non-home countries registered coaches; please refer to *section 9.3.4 Non-UK qualifications*.

9.6 Kit and equipment

EIH follow the IIHF standards for kit and equipment, with the exceptions outlined in *Section 4, Skaters' Equipment* of EIH Rule Book.

All coaches must wear a certified helmet manufactured specifically for ice hockey, with the chin strap properly fastened, for all on ice activities. All coaches are recommended to wear a neck guard manufactured specifically for ice hockey, with the chin strap properly fastened, for all on ice activities.

Foundation Coaches aged 16 and 17 years old are permitted to wear a helmet with a half visor while coaching (rather than a full-face cage/visor as required as an U18 player). Please note, they are not allowed to participate in any game play drills or scrimmages.

All coaches must ensure all players wear approved ice hockey helmet and face mask, hockey stick, hockey gloves as per *Section 4, Skaters' Equipment*. Wherever possible ice hockey skates and elbow and knee pads should be worn (full kit is recommended).

Lightweight (Blue) pucks should be used for U9s/U10s.

9.7 Duty of care

Failure to comply with any of the above standards may mean the coach and club are subject to sanctions under EIH's DOPS Policy in accordance with bringing the game into disrepute. Where a breach involves children or vulnerable adults, this will further be investigated as a safeguarding concern.

Where it is proven that persons have been coaching while unqualified, those persons will not be allowed to take an EIH/SIHA/IHUK coaching course or register as a coach for twelve months and the club may be liable to sanctions from the relevant DOPS Committee.

Appendix 9a: Coaching pathway descriptors

Foundation Coach

Coaching Pathway: Main
Course learning outcomes
<p>The Foundation Coach is the entry level course to allow a coach to begin their ice hockey coaching pathway. It aims to develop basic training and awareness of minimum standards in ice hockey and EIH.</p> <p>Foundation coaches will be able to assist L2 coaches on the ice and on the bench at their clubs. Foundation coaches will not be able to run training sessions or games or manage the bench.</p> <ul style="list-style-type: none"> • Safeguarding and Protecting Children (EIHA e-learning)* • Basic Introduction to GDPR (EIHA e-learning)* • How to: Plan, Coach, Reflect (Formerly How to Coach: Plan, Do, Review) (UK Coaching e-learning) • Duty to Care (UK Coaching e-learning) • Sudden Cardiac Arrest (UK Coaching e-learning)* <p>*Courses must be completed every three years.</p>
Who is it for?
<p>The Foundation Coach is a new role within the coaching section and is intended to provide clubs with the opportunity to secure earlier involvement of new volunteers into the coaching community.</p> <p>Anyone interested in coaching ice hockey is invited to apply for the Foundation Coach course.</p>
Course prerequisites
<ul style="list-style-type: none"> • 16 years old and above • Registered as a coach with EIH • Registered with an EIH affiliated club • DBS clearance with Vibrant Nation (application through EIHA free of charge) • Level 8 skating: skating proficiency signed off by Club Head Coach
Course duration and delivery
<p>The course is delivered and assessed through e-learning. The course can be completed in your own time but you are not able to coach until the courses have been completed.</p>
Cost and registration
<p>All candidates must register with EIH. The following costs are payable by the coach:</p> <ul style="list-style-type: none"> • EIHA coach registration: £72.50 (50% discount for any player) • UK Coaching How to Plan, Do, Review: £10 <p>Please note: UK Coaching course costs are subject to change and are not administered</p>

by EIH. Any increased costs are payable by the coach.

Bench

As a Foundation Coach, you will be able to support the bench but you are not eligible to manage the bench.

Progression

A Foundation Coach can progress to an L1 Coach when they have:

- completed their Foundation Coach courses
- logged at least 25 hours of coaching, signed off by the Club Head Coach
- maintained their registration and status as an EIH L1 Coach
- had their 18th birthday

Competencies

The learner must be able to demonstrate knowledge, competency and understanding of:

A: Role and responsibilities

- A.1 the role and boundaries of the sports coaching assistant.
- A.2 how to work as part of a team, with specific responsibilities.
- A.3 how to adhere to sport-specific and general codes of conduct.
- A.4 the rules and regulations of sport.
- A.5 organisational procedures, their responsibilities and liabilities.
- A.6 how to be a role model.
- A.7 how to build relationships and rapport with participants.
- A.8 how to assist with resources and information for, and about participants
- A.9 how to maintain general principles of safe practice
- A.10 how to safeguard children and adults at risk.
- A.11 how to maintain participants' confidentiality.
- A.12 their duty of care towards participants.
- A.13 the health and safety requirements, accidents or emergency procedures (following the correct procedures for dealing with and reporting accidents, injuries and illnesses).
- A.14 how to refer participants whose needs cannot be met to a more qualified coach

B: Inclusive coaching

- B.1 how to ensure that the delivery of coaching activities is inclusive
- B.2 how to assist in the coaching of participants who share protected characteristics
- B.3 how to communicate with a variety of participant types - disabled and non-disabled people, children/youth/adults
- B.4 recognise that different participants learn in different ways.
- B.5 how different backgrounds and stages of participant development and how age, emotional development and skill development can impact on coaching

C: The coaching process

- C.1 how to prepare the coaching environment: choose, set out and take down the equipment for the session(s).

- C.2 how to ensure physical preparation, delivering warm-ups and cool-downs.
- C.3 how to be able to communicate with a variety of participant types.
- C.4 how to set 'ground rules'.
- C.5 how to encourage, engage, interest and empower participants.
- C.6 how to manage behaviour, positive and challenging, and encourage and motivate participants.
- C.7 how to develop questions to ensure understanding.
- C.8 how to use and understand a range of coaching styles and understand
- C.9 how different participants learn and the principles of planning.
- C.10 how to deliver demonstrations and explanations that are technically and tactically correct. the relevant technical and tactical requirements of sport.
- C.11 how to assist with developing participants' skill.
- C.12 how to analyse and give feedback to participants
- C.13 how to contribute to the review of the session

D - Self-reflection and personal development

- D.1 how to take responsibility for their own development
- D.2 how to gain feedback from others
- D.3 how to develop a personal action plan
- D.4 how to understand continuing personal development (CPD) progressions and career pathways in sport.

Level 1 Assistant Coach

Coaching Pathway: Main

Course learning outcomes

On completion of this course the L1 Coach will be able to assist the delivery of coaching sessions under the direct supervision of a more qualified coach. They will be able to lead activities planned by a more qualified coach and will be able to contribute to the review of these sessions.

They will be required to have completed all the modules from the Foundation Coach course, along with the following modules:

- Get into Coaching (UK Coaching e-learning)
- Creating a Successful Coaching Environment (Formerly Inspiring Positive Behaviour in Sport) (UK Coaching e-learning)
- Mental Health Awareness for Sport (UK Coaching e-learning)
- Concussion Awareness for Coaches* (UK Coaching e-learning)
- EIHA L1 Ice Hockey specific workshop (in-person)
- First aid (in-person)*

*Courses must be completed every three years. In the 2023-2024 season, these courses need to be completed by 01 July 2024.

Who is it for?

This course is aimed at qualified foundation coaches who are to progress through the current coaching pathway and have ambitions to deliver quality sessions.

Course prerequisites

- 18 years old and above
- Registered as a coach with EIHA
- Registered with an EIHA affiliated club
- DBS clearance with Vibrant Nation (application through EIHA free of charge)
- Level 8 skating: skating proficiency signed off by Club Head Coach
- Completion of the Foundation Coach courses

Course duration and delivery

Much of the course is delivered and assessed through e-learning. These courses can be completed in your own time but you are not able to coach until all of the courses have been completed.

Dates will be made available for the Ice Hockey specific workshop course as per EIHA website.

Cost and registration

All candidates must register with EIHA. The following costs are payable by the coach:

- EIHA coach registration: £72.50 (50% discount for any player)
- Get into Coaching: £42
- Inspiring Positive Behaviour in Sport: £10
- Mental Health Awareness: £12
- Concussion in Sport: £TBC
- L1 Ice Hockey specific workshop: £175
- First Aid in-person: provider cost

Please note: UK Coaching course costs are subject to change and are not administered by EIHA. Any increased costs are payable by the coach.

Maintaining license

L1 coaches must complete two pieces of CPD every three years to maintain their level of license. Accepted CPD includes any UK Coaching short-course, evidenced CPD from external providers, or attendance at an EIHA event as an EIHA volunteer coach.

Bench

L1 coaches cannot manage the bench.

Progression

A L1 Coach can progress to a L2 Coach when they have:

- completed a minimum of 10 months as a fully registered EIHA L1 Coach
- logged at least 50 hours of coaching, signed off by the Club Team Coach
- maintained their registration and status as an EIHA L1 Coach

Competencies

The learner must be able to demonstrate knowledge, competency and understanding of:

A: Role and responsibilities

- A.1 the role and boundaries of the sports coaching assistant.
- A.2 how to work as part of a team, with specific responsibilities.
- A.3 how to adhere to sport-specific and general codes of conduct.
- A.4 the rules and regulations of sport.
- A.5 organisational procedures, their responsibilities and liabilities.
- A.6 how to be a role model.
- A.7 how to build relationships and rapport with participants.
- A.8 how to assist with resources and information for, and about participants
- A.9 how to maintain general principles of safe practice
- A.10 how to safeguard children and adults at risk.
- A.11 how to maintain participants' confidentiality.
- A.12 their duty of care towards participants.
- A.13 the health and safety requirements, accidents or emergency procedures (following the correct procedures for dealing with and reporting accidents, injuries and illnesses).
- A.14 how to refer participants whose needs cannot be met to a more qualified coach

B: Inclusive coaching

- B.1 how to ensure that the delivery of coaching activities is inclusive

- B.2 how to assist in the coaching of participants who share protected characteristics
- B.3 how to communicate with a variety of participant types - disabled and non-disabled people, children/youth/adults
- B.4 recognise that different participants learn in different ways.
- B.5 how different backgrounds and stages of participant development and how age, emotional development and skill development can impact on coaching

C: The coaching process

- C.1 how to prepare the coaching environment: choose, set out and take down the equipment for the session(s).
- C.2 how to ensure physical preparation, delivering warm-ups and cool-downs.
- C.3 how to be able to communicate with a variety of participant types.
- C.4 how to set 'ground rules'.
- C.5 how to encourage, engage, interest and empower participants.
- C.6 how to manage behaviour, positive and challenging, and encourage and motivate participants.
- C.7 how to develop questions to ensure understanding.
- C.8 how to use and understand a range of coaching styles and understand
- C.9 how different participants learn and the principles of planning.
- C.10 how to deliver demonstrations and explanations that are technically and tactically correct. the relevant technical and tactical requirements of sport.
- C.11 how to assist with developing participants' skill.
- C.12 how to analyse and give feedback to participants
- C.13 how to contribute to the review of the session

D - Self-reflection and personal development

- D.1 how to take responsibility for their own development
- D.2 how to gain feedback from others
- D.3 how to develop a personal action plan
- D.4 how to understand continuing personal development (CPD) progressions and career pathways in sport.

L2 Team Coach

Coaching Pathway: Main

Course learning outcomes

On completion of this course the L2 Coach will be able to deliver coaching sessions. They will be able to lead activities and plan sessions while supporting upcoming L1 coaches.

They will be required to have completed all the modules from previous courses (Foundation and L1 Coach) and the modules:

- Safeguarding Virtual Classroom* (UK Coaching e-learning)
- Concussion Awareness for Coaches* (UK Coaching e-learning)
- EIHA L2 Ice Hockey specific workshop (in-person)
- Sports First Aid (in-person)*

*Courses must be completed every three years. In the 2023-2024 season, these courses need to be completed by 01 July 2024.

Who is it for?

This course is aimed at coaches wanting to transition from a L1 Coach who wish to progress through the current coaching pathway and have ambitions to deliver high quality sessions.

Course prerequisites

- 18 years old and above
- Registered as a coach with EIHA
- Registered with an EIHA affiliated club
- clearance with Vibrant Nation (application through EIHA free of charge)
- Level 8 skating: skating proficiency signed off by Club Head Coach
- Completion of the L1 Coach course
- A minimum of 10 months L1 Coach experience and 50 logged hours of coaching as signed off by Club Head Coach

Course duration and delivery

Much of the course is delivered and assessed through e-learning. These courses can be completed in your own time but you are not able to coach until all of the courses have been completed.

Dates will be made available for the Ice Hockey specific workshop course as per EIHA website.

Cost and registration

All candidates must register with EIH. The following costs are payable by the coach:

- EIH coach registration: £72.50 (50% discount for any player)
- Safeguarding Virtual Classroom: £32
- Concussion in Sport: £TBC
- L2 Ice Hockey specific workshop: £175
- Sports First Aid in-person: provider cost

Please note: UK Coaching course costs are subject to change and are not administered by EIH. Any increased costs are payable by the coach.

Maintaining license

L2 coaches must complete four pieces of CPD every three years to maintain their level of license. Accepted CPD includes any UK Coaching short-course, evidenced CPD from external providers, or attendance at an EIH event as an EIH volunteer coach.

Bench

As a L2 Coach you will have the ability to manage the bench.

Competencies

The learner must be able to demonstrate knowledge, competency and understanding of:

1. The role and responsibilities of the L2 Coach

A: Role and responsibilities

- A.1 the role of the fully independent sports coach and their responsibilities.
- A.2 their responsibilities working with others such as leaders, coaching assistants.
- A.3 promote sport-specific and general codes of conduct, and set and agree ground rules
- A.4 how to be a role model.
- A.5 how to abide by the rules and regulations of the sport.
- A.6 how to positively promote the role of officials.
- A.7 what constitutes acceptable relationships as a coach.
- A.8 how to encourage and reward positive behaviour.
- A.9 how to respond to discriminatory behaviour.
- A.10 how to behave in a fair, consistent and ethical manner.
- A.11 how to manage resources and information for, and about, participants
- A.12 how to identify the requirements and motivations of the participant groups
- A.13 about duty of care, safeguarding children, young people at risk, and maintain confidentiality
- A.14 how to deal with a variety of participant types - disabled and non-disabled people, children/ young adults.
- A.15 how to assist with meeting the needs of participants who share protected characteristics
- A.16 manage health and safety by preparing the environment and conduct a risk assessment.
- A.17 gather information about lifestyle, previous experience, and the needs of different participant groups.

B: Inclusive coaching

- B.1 how to ensure delivery of coaching activities is inclusive.

- B.2 where to gain information on how to coach participants who share protected characteristics.
- B.3 how to communicate with a variety of participant types (disabled and non-disabled people, children/youth/adults).
- B.4 how to recognise that different participants learn in different ways.
- B.5 how to identify different backgrounds and stages of participant development in relation to age, skill and emotional development

C: Personal and social needs

- C.1 the role of the coach in encouraging the pursuit of a healthy lifestyle, including an awareness of nutrition, hydration and social and performance-enhancing drugs.
- C.2 the principles of weight management in relation to the sport.
- C.3 how to cater for individual needs within group coaching
- C.4 how to deal with accidents, emergencies and incidents, minimise risk and understand where to report any issues.
- C.5 the ways adults and children learn.

D: Stages of development

- D.1 the stages of development and how they affect learning and the coaching environment.
- D.2 how training and competition may be influenced by different stages of development.
- D.3 how the physical and mental capabilities of participant(s) will influence the content and structure of the session.

E: Physical components

- E.1 the components of physical fitness and how they link directly to the sport.
- E.2 the physical capabilities required for a sport.
- E.3 basic anatomical and biomechanical demands of sport-related activity.
- E.4 how to prevent injury and assist a participant returning from injury.

F: Mental skills

- F.1 the mental capabilities required for a sport-related activity.
- F.2 the key methods for improving participant(s):
- Connection
 - Confidence
 - Concentration
 - Motivation
 - Emotional control
 - Cohesion
- F.3 the different stages of cognitive, emotional and social development.
- F.4 how to develop participants' mental skills in sport.

2. Plan a series of ice hockey coaching sessions

A: The coaching process - planning

- A.1 the sports coaching process of plan-do-review.
- A.2 how individual coaching sessions support the aims of the coaching programme
- A.3 how to plan.
- A.4 how to produce a written plan which can be shared with others.
- A.5 the principles of producing progressive sessions.
- A.6 how to plan a series of progressive sessions with goals that are linked, progressive and consistent with the overall aims.
- A.7 how to plan and prepare sessions involving realistic timings, sequences, intensity and duration of activities.

- A.8 how to identify specific technical and tactical content to include within sessions
- A.9 how to plan for contingencies.
- A.10 how to communicate with a variety of participant types - disabled and non-disabled people, children/ youth/adults.
- A.11 how to manage sessions for different backgrounds and stages of participant development and needs.
- A.12 how to manage behaviours, positive and challenging, and encourage and motivate participants.
- A.13 how to set ground rules.
- A.14 how to develop participants socially, understand their motivations for participating, develop confidence and self-esteem.
- A.15 how to build relationships and rapport with and between participants.
- A.16 how to support participants) in taking responsibility for their own learning.
- A.17 how to use and understand a range of coaching styles and understand how different participants learn, and manage differentiation.
- A.18 Visual, auditory, kinaesthetic and the combination of these traits in different participants' learning styles.
- A.19 different types of practical demonstration.
- A.20 how to identify participants' needs and modify session plan(s) to meet participants' changing needs
- A.21 the concepts of skill coordination, motor skill learning, skill acquisition, skill retention and skill transfer.
- A.22 the techniques for developing participants' skill.
- A.23 how to measure participants' development.
- A.24 how to prepare participants for competition

3. Deliver a series of ice hockey coaching sessions

A: Inclusive Coaching

- A.1 how to ensure delivery of coaching activities is inclusive.
- A.2 where to gain information on how to coach participants who share protected characteristics.
- A.3 how to communicate with a variety of participant types (disabled and non-disabled people, children/youth/adults).
- A.4 how to recognise that different participants learn in different ways.
- A.5 how to identify different backgrounds and stages of participant development in relation to age, skill and emotional development.

B: Session delivery

- B.1 how to provide information to participants
- B.2 how to organise the setting up, taking down and managing of equipment required for the session.
- B.3 how to identify aims and objectives of sessions and set SMART/ tangible goals, and agree these with participants.
- B.4 how to describe/demonstrate good practice principles of starting and ending coaching sessions.
- B.5 physical and mental preparation - delivering warm-ups and cool-downs.
- B.6 how to identify coaching techniques relevant to the participants' needs.
- B.7 the balance of facilitation, instruction and demonstration.
- B.8 how to ensure there is a balance of activities in the sessions.
- B.9 the use of the principles of skill development in their coaching
- B.10 how to identify and utilise sport-specific rules and codes.
- B.11 how to apply appropriate communication methods in the provision of technical guidance

- B.12 how to provide technical and tactical demonstrations and explanations that are correct.
- B.13 how to communicate effectively with participants and show listening skills.
- B.14 the need to incorporate a variety of coaching styles in delivery.
- B.15 how to observe participants' performance
- B.16 how to analyse participants' performance
- B.17 how to provide constructive feedback to participants
- B.18 how to offer information to participants after coaching sessions.

4. Review a series of ice hockey coaching sessions

A - The coaching process - reviewing

- A.1 how to measure the quality of the coaching experience.
- A.2 the use of a variety of evaluation methods that can be used to monitor participant(s) development and learning.
- A.3 how to review and evaluate the session, using the views of participants and others, and using it to impact on future sessions.
- A.4 how to agree the outcomes of the review with participants and others, advise them on their development needs and adapt future sessions to reflect needs.
- A.5 how to utilise feedback from others.

B- Taking responsibility for own personal development

- B.1 the principles of self-reflection.
- B.2 how to identify personal development needs.
- B.3 how to identify the requirements and motivations of the participant groups to gain valid feedback on own performance from participants and others
- B.4 how to take responsibility for own development.
- B.5 how to be able to access continuing personal development (CPD) and develop a personal action plan and mentoring opportunities.
- B.6 how to participate in continual review.
- B.7 career progressions in the sport and the role of others, where applicable.

Version	Author	Date written / approved	Approved by
0.3	HRM	01-Aug-23	

Appendix 9b: Contacts

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