



IHUK LEVEL 1 COACHING COURSE

Edinburgh 22nd of August 2026

Course Venue: Riversdale Crescent, Edinburgh, EH12 5XN

Start Times: 09:00

Course Overview

The Ice Hockey UK **Level 1 Coaching Course** prepares aspiring coaches to support the delivery of safe, structured and effective coaching sessions.

Upon successful completion, Level 1 Coaches will be able to:

- Assist in the delivery of coaching sessions under the direct supervision of a more qualified coach
- Lead activities planned by a Level 2 coach or above
- Contribute to post-session reviews and evaluation

This course is designed to develop foundational coaching skills and practical understanding of the sport.

Participants will be granted **temporary Level 1 status** following completion of the course and will be required to submit a **written knowledge assessment**.

Equipment & Safety Requirements

- All participants must wear an **approved ice hockey helmet** during the on-ice session.
- Participants **under 18** must wear a **full-face cage**.
- Attendance at **all sessions** is compulsory.

Course Prerequisites

Applicants must:

- Be **16 years of age or older**
- Be a **competent skater** (see minimum skill requirements below)
- All attendees must be able to communicate effectively in English (listening, speaking, reading, writing, and comprehension).



- Have a good working knowledge of:
 - Ice hockey as a sport
 - Rules and officiating principles
 - Basic coaching terminology
- Have **access to a practical coaching environment** for the duration of the course assessment

Minimum Ice Hockey Skill Requirements

Attendees should ideally be able to demonstrate competence in the following:

Core Skills

- Skating (forward and backward)
- Stopping in all directions (on both feet, forwards and backwards)
- Tight turns in both directions
- Forwards and backwards crossovers
- Pivots (forward-to-backward and backward-to-forward)
- Stick handling, passing, pass receiving, and shooting

Important Notice

If you are unable to demonstrate these skills during the course due to injury or illness, you **must inform us in advance**.

If the condition is temporary, you may — at the discretion of the Association — be assessed separately.

- Assessment location will be designated by the Association
- Full assessment cost is the responsibility of the candidate
- Qualification will not be issued until all assessments are completed

Additional Information

Please bring the following for the on-ice session:

- Skates
- Gloves
- Helmet
- Hockey stick

Please also bring a **notepad and pen** for classroom work.

Tea and coffee will be provided. **Lunch is not included.**

Alcohol consumption **before or during** the course is prohibited. Any delegate found in breach of this rule will be asked to leave immediately.

Cancellation Policy

If you are unable to attend, please notify us **as early as possible** due to high demand and a waiting list.

Cancellation charges apply as follows:

- **Non-attendance without notice:** Full course fee
- **Cancellation with less than 1 weeks' notice:**
 - No charge if your place is filled
 - Otherwise, **75%** of the course fee
- **Cancellation with at least 1 weeks' notice:**
 - No charge if your place is filled
 - Otherwise, **50%** of the course fee