

Singapore Swimming Association (SSA)'s Pathway to being a Full NROC Swimming Coach with Usage Permit (to coach at a public pool)

To follow ONE option most applicable to you considering your existing qualifications/certifications

You will need these certifications to be registered on NROC: **SG Coach Level 1 Integrated Programme for Swimming, Basic Sports Science and First Aid & AED Certificate**

Option 1: For those who possess
NCAP Level 1 Theory

Option 2: For those who possess
SG Coach Level 1 Theory

Option 3: **Fresh Start**

Additional course to
take: **Values and
Principles in Sports
(VPS)**

Register for **SG Coach Level 1 Integrated Programme (Technical Component)**

You will be required to complete:

- **Online modules: 2, 5, 7, 9**
 - ◆ 2: *Swimming Rules*
 - ◆ 5: *Hydrodynamics in Swimming*
 - ◆ 7: *Coaching Methods and Strategies*
 - ◆ 9: *Risk Assessment & Management in Swimming*
- **Classroom modules: 3, 4, 6 & 8**
 - ◆ 3: *Hydrodynamics in Swimming*
 - **Swim Assessment**
 - ◆ 4: *Coaching Swimming*
 - ◆ 6: *Coaching Methods and Strategies*
 - ◆ 8: *Risk Assessment & Management in Swimming*
- Class Assessment
- Submission of **Lifesaving 1 Award**
- **Attachment and Final Assessment**

Nett Price: **\$528/-**
Skills Future Funding is available.

* Completion of programme awards you with 'SG Coach Level 1 Integrated Programme for Swimming' Certification

** Classroom module 3 is a prerequisite of Classroom module 4. All other modules can be done in any sequence/concurrently

Register for **SG Coach Level 1 Integrated Programme (IP) for Swimming**

You will be required to complete:

- **Online modules: 1 - 10**
 - ◆ 1: *Coaching Philosophy & Practices*
 - ◆ 2: *Swimming Rules*
 - ◆ 3: *Anti-Doping*
 - ◆ 4: *Theories Influencing Coaching Practices*
 - ◆ 5: *Hydrodynamics in Swimming*
 - ◆ 6: *Planning & Organisation*
 - ◆ 7: *Coaching Methods and Strategies*
 - ◆ 8: *Building Positive Culture in my Sport*
 - ◆ 9: *Risk Assessment & Management in Swimming*
 - ◆ 10: *Sport Development Systems*
- **Classroom modules: 1 - 8**
 - ◆ 1: *Coaching Philosophy & Practices*
 - ◆ 2: *Linking Theory & Practice -- The Reflective Coach*
 - ◆ 3: *Hydrodynamics in Swimming*
 - **Swim Assessment**
 - ◆ 4: *Coaching Swimming*
 - ◆ 5: *Planning & Organisation*
 - ◆ 6: *Coaching Methods and Strategies*
 - ◆ 7: *Building Positive Culture in my Sport*
 - ◆ 8: *Risk Assessment & Management in Swimming*
- Course Assessment
- Submission of **Lifesaving 1 Award**
- **Attachment and Final Assessment**

Nett Price: **\$1034/-**
Skills Future Funding is available.

* Completion of programme awards you with 'SG Coach Level 1 Integrated Programme for Swimming' Certification

** Classroom module 3 is a prerequisite of Classroom module 4. All other modules can be done in any sequence/concurrently

Lifesaving 1 Award Course

(SSA requirement)

- Necessary to possess Lifesaving 1 Award prior to commencement of attachment sessions
- SSA will recognise the highest level certificate achieved within the past 3 years
- Sign up with any lifesaving instructors from a list found on **Singapore Life Saving Society (SLSS)**'s website, www.slss.org.sg
 - Look for the "List of Lifesaving Instructors, Teachers and Examiners" from the drop-down menu under "About SLSS"

Basic Sports Science

(SportSG requirement)

- Conducted by Republic Polytechnic (RP), register directly with RP at [https://www.rp.edu.sg/ace/short-course/Detail/basic-sports-science-\(bss\)](https://www.rp.edu.sg/ace/short-course/Detail/basic-sports-science-(bss))
 - Course overview, schedule and fees can all be found on RP's website
- Full waiver and exam-only pathways are available to applicants with prior knowledge and certifications in the areas of Sports Science and Coaching
 - Refer to SportSG's application process for [BSS Waiver](#) and [SG-Coach Theory](#) for more information

Actual cost: **\$353.10/-**

First Aid & AED Certificate

(SportSG requirement)

- Refer to SportSG's FAQ website at <https://www.sportsingapore.gov.sg/Athletes-Coaches/CoachSG/Frequently-Asked-Questions> for the [List of Accredited Standard First Aid \(SFA\) training centres](#)
- First Aid & AED Certification is valid for 2 years, after which participants will have to register and retake the course again

Upon attaining SG Coach Level 1 Integrated Programme Letter of Completion, Basic Sport Science and First Aid & AED Certificate...

1. Register as a Full NROC Coach via [SportSync](#); login using ActiveSG or SingPass account

2. Register for SwimSafer Instructor Course by ActiveSG at <https://www.sportsingapore.gov.sg/Athletes-Coaches/Course-Calendar>

3. Pay \$125 for Usage Permit. (For more details, refer to <https://drive.google.com/open?id=1iT0JsXRk51cwW1Shjhnpgq2dikfaXt>)

Swim Assessment

- Conducted during Classroom module: *Hydrodynamics in Swimming*
- Required to demonstrate 25 metres each of frontcrawl, backstroke, breaststroke & butterfly



Upon completion of online and classroom modules, an **Assessment** scenario will be given and participants have to prepare the following:

- 1) Produce a 1 hr lesson plan for the given scenario
- 2) Produce a risk assessment checklist for given scenario
- 3) Conduct a 10 min segment of their lesson plan



Attachment Details*

Over 24 sessions, participants will go through the following phases of attachment:

- Observation
- Shadow Coaching (Assisting the mentor)
- Coaching (Mentor in direct supervision)
- Assessment of Teaching Competence on session 24

1st Attempt: **Competent**

- Proceed with course/ classroom modules

1st Attempt: **Not Yet Competent**

- Feedback will be given for participant to improve
- Given 3 months to practice before being invited back to redo demonstration

1st Attempt: **Competent**

- Proceed to **attachment***

1st Attempt: **Not Yet Competent**

- Required to attend reassessment participation module before getting new scenario for 2nd assessment
- Nett Price: **\$53.50/-**

1st Attempt: **Competent**

- Will be given a Letter of Completion

1st Attempt: **Not Yet Competent**

- Will be asked to repeat a certain number of attachment sessions
- Reassessment will be arranged individually

2nd Attempt: **Competent**

- Proceed with course/ classroom modules

2nd Attempt: **Not Yet Competent**

- Deemed as unable to complete the course
- Will be considered as new registration if participant chooses to repeat modules.

2nd Attempt: **Competent**

- Proceed to **attachment***

2nd Attempt: **Not Yet Competent**

- Deemed as unable to complete the course
- Will be considered as new registration if participant chooses to repeat modules.

2nd Attempt: **Competent**

- Will be given a Letter of Completion

2nd Attempt: **Not Yet Competent**

- Deemed as unable to complete the course
- Will be considered as new registration if participant chooses to repeat modules.

* Attachment Details

The attachment requires participants to:

- Gain appropriate experience by observing the appointed mentor conduct swimming and water safety activities to a range of age and ability groups
- Gain appropriate experience by assisting the mentor during teaching of swimming and water safety activities, done under direct supervision of the mentor
- Always be supervised by an SSA approved mentor who holds at least NROC Level 1 Accreditation
- Complete at least 24 sessions for the attachment

Guidelines:

- Attachments are only to be completed with swimming lessons for children above 4 years of age; sessions must be targeted towards Learn to Swim classes
- Participants must get approval from SSA before attachment can commence. Any attachment sessions completed prior to SSA's confirmation will not be recognised
- Participants have to provide a training log, to be endorsed by appointed mentor after each session, which must be submitted to SSA upon completion for competency assessment
- Participants will have to submit at least 5 sessions of lesson plans and risk assessment forms where they must take the lead in coaching during the session
- Attachments must be done over a period of 2 months and not longer than 1 year
- Participants have to submit the following to SSA upon completion of the attachment: Training Log (Annex A), Session Plan Template (Annex B), Risk Assessment (Annex C) & Coaching Practical Assessment Form (Annex D)

* Required to attain **Lifesaving 1 Award** before selecting an **Attachment** centre from a list provided by SSA
(Sign up with any lifesaving instructors, contact Singapore Life Saving Society for more information)

Frequently Asked Questions (FAQs)

Online modules

- ▶ How do I access/sign up for them?
 - Redirect to TeachSSA from <https://www.teamssa.org/> and look for 1 of the 3 options most applicable to you
 - Create an account by signing up/ Log in with an existing account (Please note to use your own email address for your own account. Do **NOT** sign up for someone else/ using someone else's email address)
 - Purchasing modules: Click on the item → Add to cart → Checkout → Fill in your billing details (Any major credit cards are accepted)
- ▶ How will I be assessed?
 - Online modules are assessed through quizzes on GoFormative
 - Quiz will be graded and reset every Monday afternoon
 - To complete each online module, you are required to score 100% correct for the online quizzes
 - You have unlimited attempts for the quiz, one attempt per week
 - Quizzes are accessible every week from Tuesday to the following week's Monday morning
- ▶ How can I access GoFormative?
 - Login details will be sent individually to your personal email address that you used to sign up for your TeamSSA account
 - Invite link to GoFormative will be sent to you every Friday via the email address used to register your account on TeamSSA website
- ▶ What are the requirements to complete the modules?
 - You are required to score 100% correct answers for the quizzes to complete each online module
- ▶ What is the difference between online and classroom modules? Why do they have the same name?
 - Online Modules should be done first as they lead to classroom modules, as to assure that participants have basic understanding of the session before attending classroom sessions

Classroom modules

- ▶ How do I register for classroom modules?
 - Log in to TeamSSA, look for "Book Classroom" tab and select your modules
- ▶ When can I register for the classroom modules?
 - Registrations are open every quarterly on a first come first serve basis (each class is open to 30 participants)
 - Registration months: December (for Jan - Mar class), March (for April - June class), June (for July - Sept class) and Sept (for Oct - Dec class)
 - Once tickets are sold out, you have to wait for the next quarter's registration
 - Should there be withdrawals from any classroom modules, slots will open up the following Monday at 12 noon

VPS

- ▶ Where do I sign up for VPS?
 - Search for VPS at SportSG, or Republic Polytechnic (RP) website: <https://www.rp.edu.sg/ace/short-course/detail/values-principles-in-sports#>