



## **SO YOU WANT TO BECOME A FENCING COACH?**

**Introduction.** The national governing body for fencing in England is England Fencing (EF). EF has a Coach Education Scheme which has four levels for each weapon. Coaches who meet all the EF criteria are placed on the EF Coaching Register and are fully insured to coach children and adults. If Local Authorities, Schools Sports Partnerships etc wish to check the credentials of a coach, EF can only verify the *bona fides* of coaches whose names appear on this register.

**Requirements and how to meet them.** To become an EF registered coach you must

1. Be a member of EF or another Home Country but working in England (via BFA)
2. Hold a valid certificate of passing an EF Coach Assessment (or a valid coaching award from an alternative recognised body at home or abroad).
3. Hold a current First Aid certificate – less than 3 years old – or sign as having read and understood the EF Policy and Guidelines on First Aid Qualification.
4. Hold a certificate of attendance from a valid Safeguarding & Protecting Children course (less than 3 years old)
5. Hold a Criminal Records Bureau Enhanced Disclosure Certificate issued by the BFA (ditto)
6. Pay the relevant application/registration fee to EF before your course starts (currently £40)

Most coach education programmes will help you to achieve requirements 2 to 5 above as part of your training. If you are not a fencer then you must have attended a beginners' course and been fencing for at least 6 months on a regular basis. Competent personal performance greatly eases the transition from fencer to coach.

### **Specifications for Each Level**

<b>Level of Award</b>	<b>Specification</b>
Level 4 Master Coach	An EF Level 4 coach can deliver the requirements for a Level 3 coach with additional emphasis on tactics, timing and distance and can design, implement and evaluate the process and outcome of long-term/specialist coaching programmes for individuals and teams at performance and elite levels
Level 3 Senior Coach	An EF Level 3 coach can deliver the requirements for a Level 2 coach demonstrating a wider variety of techniques and plan, implement, analyse and revise annual coaching programmes for groups and individuals at participation and performance level
Level 2 Coach	An EF Level 2 coach can prepare, deliver and review fencing sessions for groups and individuals at participation level
Level 1 Assistant Coach	An EF Level 1 coach may assist a more qualified coach in the delivery of fencing sessions and deliver without direct supervision pre-planned and prepared fencing sessions for groups at foundation level

**What Does Coach Training Involve?** The coach education process involves studying fencing theory and technical topics (ie blade-actions and moves) appropriate to the weapon and level being studied and generic coaching skills including instructional technique, health and safety, interpersonal and communication skills under the guidance of an approved EF Coach Educator. Courses are arranged either as residential intensives over 5 or 6 days or as part-time courses arranged on weekend days over a number of months. Would-be coaches can also study on a part-time basis under the guidance of a coach educator at weekly club training sessions. The aim of the training is to prepare the candidate for the coach assessment for the level and weapon being studied.

Ordinarily, to be assessed at Level 2 you would be expected to hold a Level 1 award or be a reasonably experienced and competent fencer in the weapon. Fencers seeking direct entry to Level 2 would find instructional or teaching experience helpful as well. A coach presenting for a Level 3 award would be expected to have passed at Level 2 and so on. Level 1 takes about 25 hours of study, Level 2 about 30 hours of study and a Level 3 about 40 hours. In addition, candidates for Level 3 would need to spend considerable time in their clubs preparing for the course, up to about 80 hours. Now the system has reduced to four levels in line with the UKCC standards, Levels 3 and 4 involve more than previously and the gap between 2 and 3 has increased. Similarly Level 4, being a more academic syllabus, will take longer in the preparation than on the course.

**How much does it cost and is there assistance for covering course costs?** Costs of training vary according to whether First Aid and Child Protection courses are included. For example, a Level 1 course *including* the training in Child Protection and First Aid could cost in the region of £200. There are ways of seeking financial assistance for coach training through your club or County/ Borough Sports Development departments.

**Where can I find a course being run near to me?** To locate where and when your nearest EF Coach Education course is to be held, consult the EF website [www.Englandfencing.org.uk](http://www.Englandfencing.org.uk) or phone EF HQ on 01473 214554 or see your EF Region's website. For more information email [coaching@Englandfencing.org.uk](mailto:coaching@Englandfencing.org.uk)