



February 2022

## **IBU Coach Education - Terms and Conditions**

### **Pilot First Level Course**

#### **Introduction**

The IBU Academy's mission is to improve the world of biathlon today and for future generations through outstanding research, education, preservation, and practice and educates aspiring leaders worldwide who will serve all sectors of biathlon. This mission will be carried out through the free exchange of ideas in an ethical, interdependent, and diverse biathlon community of staff, athletes, and biathlon friends.

As part of the IBU Academy, the IBU Coaches Education aims to promote coaches worldwide in their daily training process. The education contains 4 levels: basic level, first-level, second-level, and third-level. The coaches will be certificated after completing a course.

The First Level Course, for most coaches, is a course that takes existing basic skills and knowledge gained from the experience of coaching and gained informally from the sports field while being an athlete at the senior level and develops more excellent depth knowledge. It has been designed to enhance candidates' experience with the principles and practices of shooting and skiing and safe and ethical coaching of biathlon sessions to youths and juniors using the activities provided through this course programme, equipping coaches with the necessary skills and resources. All IBU courses are facilitated to maximize candidate involvement in a high-quality learning environment. This is achieved by blended educational activities that involve online education, group workshops in the classroom and at the biathlon venues, discussions, and the opportunity to practice under the leadership of approved IBU Educator and international experts. The IBU First Level Coach is considered equivalent to the International Council for Coaching Excellence (ICCE) Coach role.

#### **IBU Academy Working group**

IBU has set up an IBU Academy Working group to gain relevant input concerning an international coach education project's type, content, structure, and execution. The group contains experienced trainers, former athletes, and academic experts in different fields



(biomechanics, medicine, psychology, education, nutrition, training theory). The working group will meet regularly to discuss and review the content, the structure, lecturers, and the execution of the courses on each level see the online [IBU Coaching Framework](#).

## Content

With the support of the IBU Academy Working group, the content of the First Level Course was split up into the following practical and theoretical modules:

- Shooting
- Skiing technique
- Equipment
- Motor Skills Training
- Biathlon Performance
- Training Science
- Psychology
- Physiology
- Recovery and Prevention
- Nutrition
- Coaches Soft Skills
- Rules & Competition
- Antidoping

Depending on the level of education, the content will be adapted. At all levels, the coaches also have to fulfill practical lessons with IBU Educators and practice/mentorship in clubs/NF/IBU IOC Camps. Therefore, the content of this education can be changed or adapted by the IBU anytime. The current structure of the overall IBU Coaches Education can be found [here](#).

## Application & Participation

NFs may apply for its candidate's participation via the [IBU SCOPE](#) online application system. The coaches must provide true, accurate, and complete information in the application form, including their CV and motivational letter. If the information is incorrect or incomplete, the IBU may decline the application. The application process is open for all NFs. Each First Level



Course course is limited to a maximum of 20 participants. A minimum of 15 participants is required to run the course. The IBU will announce the deadline for applications on its website, additionally, the NFs will be informed via IBU Scope about the application process. Each NF may nominate a maximum of 2 candidates (1 man, 1 woman). A participant can be replaced no later than two weeks before the first day of the course.

#### **Requirements:**

1. Active Biathlon Coaches, for at least 2 years (clubs or regional or national level)
2. Completion of IBU Basic Course (from 2023)
3. Athletes with national and international experience at the senior level (minimum of 3 years in the senior national team)
4. Desire and aptitude for coaching, with a passion for helping and supporting others.
5. Demonstrate a communicative of spoken and written skills in English, possibly with a translator present.
6. Ability to participate in the course fully and complete all required assessments.
7. The ability to complete all online tasks will require access to a computer and internet access to the IBU e-learning platform before, during, and after the face-to-face element of the course.
8. It is strongly recommended that candidates have appropriate insurance cover before undertaking any independent coaching practice.
9. Potential to positively impact Biathlon Coaching and Development in their region and country.
10. Agree to abide by the IBU coaches' [IBU Integrity Code](#).
11. Recommendation by the NF

#### **E-Learning Platform**

The content of the IBU Coaches Education will be provided on the E-Learning Platform "[Learning Suite](#)". Participants of the Coaches Education course will get access to this content for the time of their education. On this platform, coaches can access learning materials and accomplish assessments if necessary.

Once accepted onto the course, learners will:

- be issued with an IBU e-learning password and username.



- be required to complete online pre-course tasks and assignments within two weeks of being entered into the education hub system. Failure to do this may result in the participant being removed from the course.

### Course Events

The IBU will provide courses for all education levels according to the current syllabus. The syllabus for the first level course you can find [here](#). The IBU will announce the courses in time via the [Website](#) and [IBU SCOPE](#). The following events are planned for all levels:

- Basic Level: 1 x 6 days in-person-course in spring
- First Level: 3 x 6 days in-person-courses (first in spring, second in autumn, third in winter)
- Second Level: 2 x 6 days in-person-courses (first in spring, second in winter)
- Third Level: 2 x 6 days in-person-courses (first in summer, second in autumn)

The remaining education hours of the syllabus will be covered by e-Learning in the IBU Learning Platform "[Learning Suite](#)".

### Payment and Costs

The fee to participate in the Basic Course program is 5500 EUR per learner, excluding accommodation and travel for the participant during the face-to-face meeting. The NF can apply for financial support from the IBU development support 2022/2023 for a maximum of two candidates (1 man, 1 woman) to cover the fee, accommodation, and travel costs.

The NFs may apply for the Olympic Solidarity for Coach education support. Please contact your NOC to get more information.

### Certificate

Once the coach has accomplished the IBU Coaches Education for a certain level, she/he will receive an IBU certificate for this level, which allows her/him to move on to the next level. Coaches who have already accomplished other educations (e.g., in their country) can be



approved by the IBU Academy working group for a certain level. In this case, the content of the accomplished education must be comparable to the IBU education – the decisions will be made from case to case.

### **Contact Person**

For more information about the IBU Academy education and assistance on the application process, please contact IBU Education Manager Dr Gerold Sattlecker at:  
[gerold.sattlecker@ibu.at](mailto:gerold.sattlecker@ibu.at)