



December 2022

IBU Coach Education - Terms and Conditions

First Level Course

Introduction

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. Please read the IBU Coaching Framework to get more information.

[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
- Biathlon Performance
- Training Science
- Psychology
- Physiology



- Recovery and Prevention
- Nutrition
- Coaches Soft Skills
- The Business of Sport
- Integrity
- Sustainability

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, motivational letter, and IBU Conditions of Participations for IBU Academy Courses. 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. In case of late cancellation or a withdrawal during the course period, the NF has to cover the total course costs.

Requirements:

1. Active Biathlon Coaches, for at least 2 years (clubs or regional or national level)
2. Completion of IBU Basic Course
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 (the language skills needs to be a minimum at B1 level (intermediate)), possibly with a translator present. The candidates might be interviewed regarding their English skills by IBU.
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 this level:

- First week: 6-11 May 2023 in Hochfilzen (AUT)
- Second week: October 2023 (place TBC)



- Third week: End of March 2024 (place TBC)

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. NFs/candidates have to organize their travel to the course.

The accommodation will be organized by IBU.

Additionally, IBU will apply for the Olympic Solidarity for Coach education support.

Travel Refund

The travel refund from IBU to NF will be executed as follows:

- Up to 500 km: € 200,00
- Up to 1.000 km: € 400,00
- Up to 1.500 km: € 600,00
- Up to 3.000 km: € 800,00
- Up to 5.000 km: € 1000,00
- Up to 10.000 km: € 1200,00
- Up to 15.000 km: € 1400,00
- Up to 20.000 km: € 1500,00



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

Place and Date

Name & Signature of NF representative (president or secretary general)

Name & Signature of Participant