



January 2022

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

### **BASIC LEVEL**

#### **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 all over the world 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.

This Basic level course is an introduction to coaching biathlon. It has been specifically designed to provide candidates with the principles and practices of shooting and skiing and safe and ethical coaching of biathlon sessions to kids and youths 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 will be achieved by blended educational activities that involve online education, group workshops in the classroom, discussions, and the opportunity to practice under the leadership of approved IBU Educator and international experts. The IBU Basic Level coach is considered equivalent to the International Council for Coaching Excellence (ICCE) Coaching Assistant role.

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

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



medicine, psychology, education). 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 Basic Course was split up into the following practical and theoretical modules:

- Shooting
- Skiing technique
- Equipment
- Motor Skills Training
- Physiology
- Coaches Soft Skills
- Rules & Competition
- Training Science

Depending on the level of education the content will be adapted. At all levels, the coaches have to fulfill also practical lessons with IBU Educators and practice/mentorship in clubs/NF/IBU IOC Camps. 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. If the information is incorrect or incomplete the IBU may decline the application. For the Basic course, coaches from C, D, and E NFs development structure are prioritized however the application process is open for all NFs. Each Basic 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 not later than two weeks before the first day of the course.



### Requirements:

1. Motivated candidates with basic biathlon knowledge, PE teachers, and former athletes.
2. Desire and aptitude for coaching, with a passion for helping and supporting others.
3. Demonstrate a communicative of spoken and written skills in English, possibly with a translator present.
4. Ability to participate in the course fully and complete all required assessments.
5. 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.
6. It is strongly recommended that candidates have appropriate insurance cover before undertaking any independent coaching practice.
7. Potential to make a positive impact on Biathlon Coaching and Development in their region.
8. Agree to abide by the IBU coaches' [IBU Integrity Code](#).
9. 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 get access to learning materials and can 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 basic course you can find [here](#). The courses will be announced by the IBU 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 1500 EUR per learner, excluding accommodation and travel contribution to the participant during the face-to-face meeting. The NF can apply for financial support from the IBU development support 2021/2022 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 details.

### **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)