

**Saturday 10th November 2007**

## **CL2 Unit Managing Risk**

### **General circular**

Anyone that has CL1 and wishes to progress to CL2 needs 6 additional units

One of these is being delivered by the BAB as details below

Some people on this circular will have already received these details so this email can be deleted

### **Venue**

Solihull Moors FC  
Damson Park  
Damson Parkway  
Solihull  
West Midlands B91 2PP  
Telephone: 0121 705 6770

### **Directions**

From the North

Leave M42 at Junction 6  
Take A45 towards Birmingham  
Left at first set of traffic lights into Damson Parkway  
Ground is on the right after three quarters of a mile, through traffic lights to island and back through lights

From the South

Leave M42 at Junction 5  
Take A41 towards Birmingham  
Right at second set of traffic lights into Yew Tree Lane which leads into Damson Parkway  
After mile and half turn right at island and ground is 100 yards on left after traffic lights

### **Important**

I need confirmation if you wish to attend this CL2 unit

The cost of this unit is £30 payable to the: British Aikido Board

Please send the cheque to me prior to the course and I will book you place  
***We will not have the facility to take money on the day of the course***

My address is :-

Mr G Cooke  
13 Margaret Avenue  
Bedworth  
Warwickshire  
CV12 8EH

[grev.cooke@ntlworld.com](mailto:grev.cooke@ntlworld.com)

## What is BAB Coach Level 2

This award is for students intending to instruct without supervision at club level and beginning to engage in coaching activity at Association level.

Candidates must:

- Be 20 years or over when registered for the course.
- Be recommended by their Association and possess the necessary technical knowledge in Aikido and hold a minimum grade of 2<sup>nd</sup> Dan
- Attend a series of Level 2 Coach courses, approved by the Board. These courses can be assessed from 1<sup>st</sup> Dan/Coach Level 1 building toward accreditation at 2<sup>nd</sup> Dan
- To have evidence of practical coaching for at least two years since achieving Coach level 1
- Successfully complete an assessment period of peer coaching of approximately thirty minutes duration
- Obtain BAB approved Professional Indemnity insurance cover prior to commencement of the coaching course.

The course will cover the following topics:

Old Term CL2	New Term CL2
Coaching Children and Young People	Young People
Coaching Methods and Communication	Communication
Safe Exercise, Injury Prevention and Management	Managing Risk
Improving Practice and Skill	Practice, Skill and Techniques
Goal Setting and Planning	Planning for Success
Fitness and Training	Fit for Purpose

Each theory session will last approximately 4 hours

An assessment of coaching ability will be made by and approved Coach Tutor during a separate practical session. Each candidate will be expected to coach for a total of 40 minutes.