

# Australian Cheer Union Assistant Coach Guidelines for Dance and Cheer

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To clarify the responsibilities of an Assistant Coach and outline the surrounding factors regarding this position and Australian Cheer Union Membership as well as coaching in house. An assistant coach is classed as a coach not yet qualified by the International Cheer Union or as a coach in training.

## 1. Responsibilities of an Assistant Coach

- Adhere and uphold the standards set by the Australian Cheer Union and the Program the assistant coach is undertaking their training
- Provide a safe environment for athletes and coaches free from any harassment/abuse/discrimination or place themselves in a situation that could be seen as supporting this behavior
- Ensure when assisting with athletes that the assistant coach is always supervised by a qualified, experienced coach
- If of age, have the appropriate Working with Children/Police Check
- Ensure physical contact is always appropriate and for the safety of the athlete/s
- Report to the supervisor if there is any inappropriate behavior witnessed or conveyed by an athlete
- Follow all instructions closely and continuously
- Strive to gain knowledge and experience within the skill set
- Assistant Coaches cannot lose their temper and use positive constructive language/actions
- Report any incidents or complaints to their head coach
- Treat all team members with the same respect and never yell/belittle any athlete
- Be reasonable with the training expectations. Do not unsafely train any athletes or push their abilities in an unsafe manner
- Always seek advise from head coaches to extend capabilities and knowledge
- Ensure any equipment being used is inspected for defects and meets safety aspects
- Keep up to date with training/coaching techniques
- Undertake free training courses. Including but not limited to HEADS UP
- Ensure you are correctly displaying the techniques/skills you intend the athletes to perform
- Communicate clearly and understand the skill/technique in full before demonstrating/teaching
- Listen to and follow all instructions given by the supervising qualified coach
- Ensure the workspace is free from any risks eg trip hazards, ceiling height, damaged flooring/equipment
- Develop an understanding of the potential hazards involved in any situation
- Know your limitations in your role as an assistant coach



## 2. Assistant Coaching and ACU Membership

Assistant coaches can register as a coach under the membership banner. Australian Cheer Union asks that the Assistant coaches for each program be listed as such and reported to the ACU under Club/studio membership also. This will grant the Assistants access to relevant coaching & learning material.

## 3. Abilities of an Assistant Coach

Assistant coaches will be able to assist in the teams, specified in the below section, only when directly supervised by a qualified and experienced coach.

Assistant coaches will be able, but not limited to;

- Assist athletes in routine cleaning when marking stunting
- Assist in the spotting of the tumbling skills the coach has mastered themselves or if the head coach is directly supervising or if the assistant is secondary spotting
- Can be used to show skills and techniques where safety capable
- Once registered, capable of taking a team through check in at competitions, run the music, sit in the coaches section etc
- Carry out safety checks of equipment and workspace with the head coach

## 4. Assistant Coach Levels

The below are the recommended levels of assistant coaching;

Coach Qualified Level	Levels able to assist in
New to Coaching	Level 1 & 2 only
Qualified Level 1 & 2 Coach	Level 3
Qualified Level 3 Coach	Level 4
Qualified Level 4 Coach	Level 5
Qualified Level 5 Coach	Level 6
Qualified Level 6 Coach	Level 7

