

ROLES & RESPONSIBILITIES OF A COACH



The Coach is ultimately responsible for all Cheerleaders in their care and has a legal responsibility to provide a safe learning environment

Before commencing any Cheerleading activity, Coaches must have in place:

- Relevant Cheerleading qualifications
- Adequate insurance (check any current insurance specifically covers the Cheerleading activities you will be coaching)
- Disclosure and Barring Service Check (DBS)
- PPL and PRS for Music Licensing

In order to provide safe Cheerleading practise you should:

- Perform a Risk Assessment of the training/performance venue
- Risk Assess the content of every training session
- Aim to have an up to date First Aid qualification
- Have an Emergency Plan that is shared with all participants
- Have a register of all participants
- Collect Emergency Contact & Medical Information on all participants
- Have an accident book to hand at all training sessions and performance events
- Have a thorough understanding of Safeguarding practises

An effective Cheerleading Coach should:

- Be a positive role model and lead by example
- Be dressed appropriately (including the removal of ALL jewellery)
- Encourage and motivate with praise
- Educate participants using proper learning progressions, clear communication skills and a thorough understanding of Cheerleading practise
- Create a respectful working environment for all
- Nurture the emotional and physical wellbeing of all participants
- Continuously evaluate the ability level of Cheerleaders and adapt content to suit
- Use vocals to engage participants and support coaching methods
- Provide opportunities for Cheerleaders' ongoing growth and development

Coaches should continually develop their knowledge and skills throughout their Coaching practise. The UKCA provides the following CPD (Continuing Professional Development) courses for Coaches:

- Foundation & Intermediate Stunt Skills
- Foundation & Intermediate Tumbling Skills
- Foundation Urban Cheer Skills
- Judging (Incorporating 'what the Judges are looking for')
- Volunteering & Event Officials
- Bespoke Workshops (tailored to meet your specific learning goals)