

## CHAPTER H-7: CERTIFICATION

If you wish to receive a copy of the Diving Canada policies on Coaching Certification please contact Diving Canada's Manager Domestic Programs or visit <http://www.diving.ca/english/html/nccp.htm>.

The information below is only a portion of the policy document.

### A. CERTIFICATION REQUIREMENTS FOR ATTENDING NATIONAL CHAMPIONSHIPS

To attend a Diving National Championship, coaches must be fully certified Level 2 in the old system or trained at the Competition-Introduction Level. Coaches not having full certification may attend provided they are with a coach from their club who is fully certified at Level 2 or Competition-Introduction or at a higher level.

### B. CERTIFICATION REQUIREMENTS FOR ATTENDING MULTI-SPORT GAMES AND INTERNATIONAL COMPETITIONS

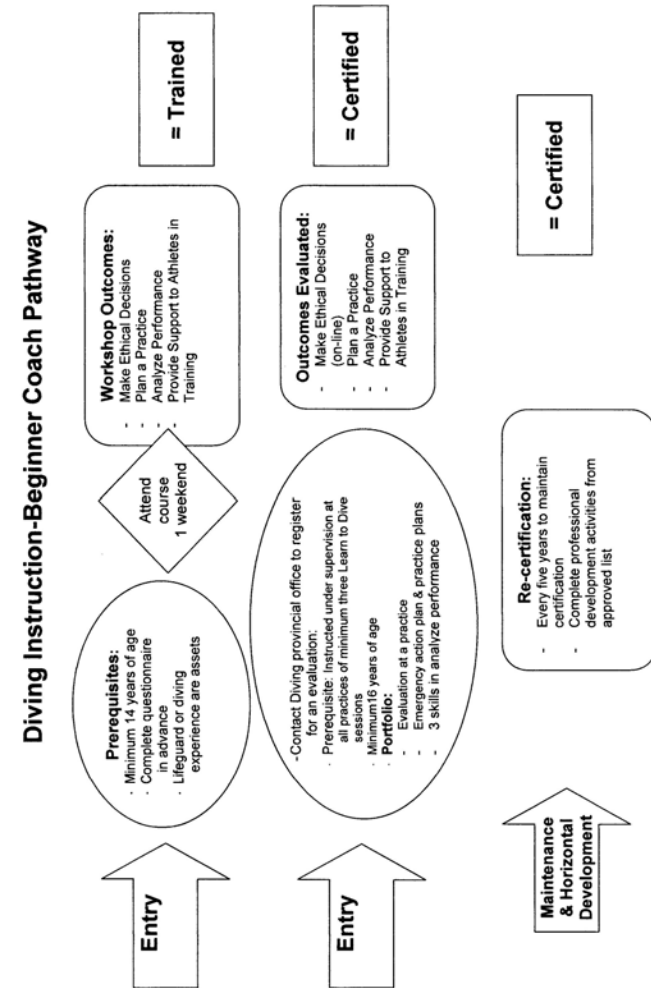
1. Canada Games coaches **must be fully level 3 or Competition-Development certified (subject to change per Canada Games Council policy)**
2. Major Multi-Sport Games (Olympics, Pan Am Games, Commonwealth Games) – Coaches must be fully certified level 4 or members of Coaches of Canada. This is a requirement of the Canadian Olympic Committee and Commonwealth Games Canada.
3. Foreign coaches cannot hold a Head Coach position on the team in their first year of coaching in Canada, and must be eligible for any visas required by the host country

### C. REQUIREMENTS FOR EACH LEVEL OF CERTIFICATION

All coaches in all levels before **MUST BE** registered members of Diving Canada.

The tables below show what is required for each level of certification in the New NCCP.

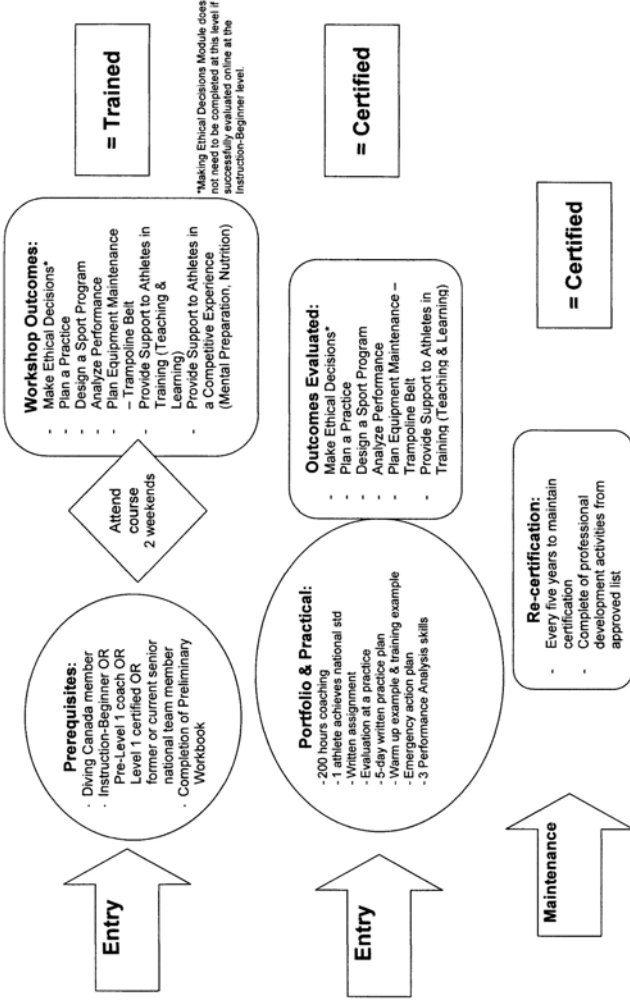
## ⇒ 1. Diving Instruction-Beginner Coach Pathway



Pre-level 1 instructors will not lose their certification in the levels NCCP. Should they wish to obtain certification in Instruction Beginner, the above pathway needs to be followed. Transfer of qualifications at this level is not achievable due to the change in course content.

## 2. Diving Competition-Introduction Coach Pathway

### Diving Competition-Introduction Coach Pathway



\*Making Ethical Decisions Module does not need to be completed at this level if successfully evaluated online at the Instruction-Beginner level.

Level 2 certified coaches may choose to continue certification in the Levels NCCP as a Level 2 coach, or may choose to apply to transfer their qualifications to Competition-Introduction. Approval to transfer will only be granted upon successful completion of the Make Ethical Decisions module.

Revised February 2010

## 3. Diving Competition-Development Coach Pathway

### Diving Competition-Development Coach Pathway



Updated April 2009

#### 4. Level 4

##### Criteria

The Level IV Coach is typically a National Level Coach who has consistently produced and maintained National Age Group medalists and National Level Senior divers. This coach would be a head coach of a major club, and would be actively involved in National team programs, particularly at the junior level. Through the certification process, and the practical experience accumulated at this level, a coach of this caliber would be capable of administering and maintaining a successful senior diving program, including training assistant coaches to support the program. The Level IV Coach would demonstrate the following coaching skills:

- Coach, analyze and correct the performance of National level junior and senior dives on all boards;
- Administer and maintain a successful club based senior diving program;
- Train an assistant or apprentice coach (Level I -III);
- Successfully manage and coach a National Junior team to an international competition;
- Produce, maintain and improve:
  - Four (4) individual Senior National finalists;
  - Two (2) individual Senior National medalists;
  - Senior carded athlete (AAP Program).

(NB: A new coach in a high performance club will have a probationary period of one (1) year before performance results are credited.)

##### Prerequisites

- Candidate must be certified at Level III NCCP
- Candidate must have coached an athlete who competed at the Senior National Championship/Trials within the last five (5) years
- Candidate must provide the appropriate application information (supplied by Diving Canada), including a resume and three (3) letters of reference (with at least one from a recognized Level IV/V Diving Canada Coach)
- Candidate must pay the required yearly “admission” fee
- Candidate must be a member in good standing with Diving Canada

#### Course Requirements

The Level IV program consists of 12 “tasks” developed by the CADA Coaching Certification Committee and approved by the Coaching Association of Canada. These tasks cover all elements deemed necessary for the candidate to be a successful coach at the national and international level. The task format for Level IV replaces the “Theory, Technical, Practical” format of Level I-III. In order for a coach to become a fully certified Level IV coach, he/she must have successfully completed twelve (12) of the 20 tasks including the following required tasks:

- Task #7 - Psychological preparation for diving coaches;
- Task #9 - Practical Coaching: Skill Training;
- Task #10 - Biomechanical Analysis of Advanced Skills;
- Task #11 - Practical Coaching: Strategy and Tactics;
- Task #12 - Planning and Periodization.

#### 5. Level 5

##### Criteria

The Level V Coach represents the highest level of technical expertise of diving coaching in Canada. A coach of this caliber would typically have had a great deal of proven international success and would have placed and maintained athletes on the National Senior team. Through the certification process, and accumulated practical experience, a coach of this caliber will have the skill and expertise to coach and manage Canada’s senior international level divers at major international competitions. The Level V Coach will have attained and exhibited all the Level IV practical skills and requirements, as well as:

- Manage and coach a National Senior team to a major international competition;
- Produce, maintain and improve an “A” carded athlete (AAP Program) for a minimum of two (2) years.

##### Prerequisites

- Candidate must be certified at Level IV NCCP
- Candidate must have coached an athlete who competed at the Senior National Championship/Trials within the last five (5) years

- Candidate must provide the appropriate application information (supplied by Diving Canada), including a resume and three (3) letters of reference (with at least one from a recognized Level IV/V Diving Canada Coach)
- Candidate must pay the required yearly “admission” fee
- Candidate must be a member in good standing with Diving Canada

#### Course Requirements

The Level V program consists of eight (8) tasks developed by the Coaching Certification Committee and approved by the Coaching Association of Canada. The tasks are often completed in conjunction with Level IV tasks, but, are based more so on accumulated knowledge and experience rather than the attainment of such knowledge through sport specific tasks.

### D. OFFICIALS DEVELOPMENT PROGRAM

#### **LEVEL: ORIENTATION**

##### **Delivery:**

**Club** – It is the intent that this level of the program would be delivered and determined by the clubs and they would tailor the program to their needs. The experienced meet managers/volunteers and coach(es) would deliver this program. The use of a Provincial or National level Judge would also be an option.

##### **Goals and Objectives:**

- Introduction to the sport of diving
- understanding of the operation of a competition
- understanding the roles required to run an efficient competition
- develop the skills to run a scoring table
- understand meet management tasks
- develop a working appreciation of the sport at the introduction level
- become familiar with the pool surroundings and set up for competition

##### **Pre-requisites**

- interest in the sport of diving
- 16 years of age or older
- registered member of Diving Canada

#### **Knowledge/Education:**

- Orientation to the sport of diving
- Understanding the groups and types of dives
- Understanding the general rules of competition
- Roles and responsibilities of parents/volunteers, coaches and judges in competition
- Operation of competitions: Recreation level meets to National Championships
- Meet management skills
- MMS computer system knowledge
- Canadian Diving Judges handbook

#### **Resource Materials:**

- FINA Diving Officials Manual – chapters 1-5 and Appendix 1–3
- Diving Canada Rule Book
- FINA Rule Book
- Orientation Manual
- Videos or Dive-viewer
- Officials Policy Manual
- Diving 101 Spectator Guide
- Dive Sheet (junior)

#### **Observation Time:**

None required at this level

#### **Certification Requirements:**

- There is no certification at this level
- Attend orientation sessions provided by local club
- Volunteer to work at competitions

#### **LEVEL: Provincial LEVEL 1 (REGIONAL)**

##### **DELIVERY:**

**PROVINCE** It is the intent that this level of the program would be delivered by the Province and they would tailor the program to what their sport development needs are. It will rely heavily on the participation of the coaches and local National Judges in doing field work with the candidates.

##### **Goals and Objectives:**

- Introduction to judging diving
- Demonstrate understanding of judging scale
- Basic knowledge of all groups of dives

- Develop a sound technical understanding of the different dives required at the local or regional level and the Provincial pre-competitive level
- Ability to recognize and judge dives from the first 5 groups up to 1 ½ rotations and 1 ½ twists on springboard
- Ability to judge at the local, regional and pre-competitive provincial level within the province (specific needs to be determined by the province based on their sport development program)

#### Pre-requisites

- Interest in the sport of diving
- 16 years of age or older
- Be a registered member of Diving Canada
- Have participated in the orientation sessions at the club level OR have been a diver at top Provincial level (each Province to define this)
- **Be supported to enter the judge development program by a coach or National level judge**

#### Knowledge/Education:

- Technical education – under construction
- Provincial Level 1 Resource Material
- Understand the techniques that are taught/used for the basic and easy level of optionals up to and including 1 ½ rotations in each dive **group and up to 1 or 1-1/2 twist in each dive group.**
- Understand and recognize the four positions
- Ability to recognize proper form, take off technique and entry position
- Basic knowledge of the rules of FINA and Diving Canada with an emphasis on Age Group Springboard

#### Resource Materials:

- Technical education – under construction
- FINA Diving Officials Manual – chapters 2 – 4 and 6
- Diving Canada Rule Book
- FINA Rule Book
- Officials Policy Manual
- Videos and Dive-viewer

#### Observation Time:

- Minimum of 20 hours spent with a Certified Level 2 or higher coach and/or a National level Official – to be documented with a signature in Officials Log Book
- Minimum of 2 competitions and 4 events of shadow judging
- All activity must be duly recorded and signed by coach mentor in log book

#### Certification Requirements:

- Technical education – under construction
- ⇒ - Pass an open book test (**Provincial 1 Exam**) on judging, achieving at least **85%**
- Practice shadow judging at local and regional competitions (each province will have different types/levels of competition designated here)
- 2 years judging experience
- A min. of 10 competitions and 30 individual events judging experience – level of competition and categories to be determined by the province
- All required activity must be duly recorded and signed by meet referee or event referee in log book
- Participation is a key factor in earning selection to move on to the next level along with talent and knowledge

NOTE: Coaches do the talent ID of potential judges to include divers that are reaching the end of their diving career. Get them involved in judging before they are finished competing.

- ⇒ NOTE: In cases of 2 years judging experience, exceptions can be made by the Provincial Judges Rep **or National Officials Committee** based on diving experience as an athlete/coach.

#### LEVEL: Provincial LEVEL 2 (PROVINCIAL)

#### DELIVERY:

**PROVINCE** - It is the intent that this level of the program would be delivered by the Province and they would tailor the program to what their sport development needs are. It will rely heavily on the participation of the coaches and local National level judges in doing field work with the candidates.

#### Goals and Objectives:

- In-depth knowledge of the rules of FINA and Diving Canada

- Knowledge of Platform Diving including arm-stand dives
- Ability to recognize and judge dives with up to 2 ½ rotations and/or 2 ½ twists as well as arm-stand dives
- Solid understanding of the techniques required on takeoff, flight and entry into the water, springboard and platform

#### Pre-requisites

- Interest in the sport of diving
- 16 years of age or older
- Be a registered member of Diving Canada
- Be certified as a Provincial Level 1 for at least 1 year OR have been a diver/coach at Senior National level **or** **fastracked to assist in development of judges in your province**
- Be recommended to move up to the Provincial Level 2 by a Coach or National level judge
- When entering at this level as a diver, must pass the rules exam and show 10 events of judging experience

#### Knowledge/Education:

- Technical education – under construction
- Provincial Judges Clinic Material
- Develop a sound technical understanding of the different dives required at Provincial Championship level, Age Group and Senior
- Understand the techniques that are taught/used for the more advanced optionals up to and including 2 ½ rotations in each dive group and up to 2 or 2 ½ twist in each dive group
- Understand the techniques used in platform diving and the 6<sup>th</sup> group of dives, arm-stand dives
- Understand the position and responsibilities of the Referee at a competition

#### Resource Materials:

- **Technical education – under construction**
- FINA Diving Officials Manual chapters 2 to 6
- Diving Canada Rule Book
- FINA Rule Book
- Officials Policy Manual
- Videos and Dive-viewer

#### Observation Time:

- Minimum 24 hours spent with a coach and/or National level Official –recorded and noted with signature of the coach/official
- Approximate breakdown of time spent to be; 4 hours on each of the 6 groups of dives
- Emphasis to be on the more advanced optionals in groups 1 – 5 and on the basics of platform diving
- shadow judging at a minimum of 2 competitions covering at least 4 events

#### Certification Requirements:

- **Technical education – under construction**
- Pass an open book test on judging, achieving at least 95%
- Practice shadow judging at Provincial and Invitational competitions **and National Championships where possible**
- 2 years or more of judging activity
- A min. of 10 competitions and 30 individual events judging and refereeing experience – level of competition and categories to be determined by the province
- Participation is a key factor in earning selection to move on to the next level along with talent and knowledge.

NOTE: Coaches and/or National Level Judges will do the talent ID of Provincial Level 1 judges and make recommendations for them to move on to Provincial Level 2.

NOTE: The coaches to look for National level divers that are reaching the end of their diving career that may be interested in developing their judging skills and get them involved in judging before they are finished competing.

#### LEVEL: NATIONAL AGE GROUP

**DELIVERY: DIVING CANADA & NATIONAL JUDGES COMMITTEE-** It is the intent that this level of the program would be delivered by the National Judges. The development of this level of official will be in the hands of the Diving Canada **Officials** Committee but will require assistance in the field work area from the coaches.

#### Goals and Objectives:

- In-depth knowledge of the rules of FINA and Diving Canada
- Knowledge of the trends in the international diving scene

- Knowledge of the technical goals and objectives of Canadian diving
- Ability to judge dives at the National Age Group level. With a solid understanding of the techniques required on takeoff, flight and entry into the water for both springboard and platform

#### Pre-requisites

- Interest in the sport of diving
- 20 years of age or older
- Be an active registered member of Diving Canada
- Be certified as a Provincial Level 2 for at least 2 years
- Must be recommended through the Provincial Officials Representative by a National Level Judge or National Coach to become an Age Group National Apprentice Judge

#### Knowledge/Education:

- Technical education – under construction
- Develop a sound technical understanding of the different dives required at Age Group Nationals
- Understand the techniques that are taught/used for the most advanced optionals
- Understand what Synchronized Diving is and know the rules and regulations related to it
- Understand the aspects of judging synchronized diving
- **Ability to perform the duties of event referee**

#### Resource Materials:

- **Technical education – under construction**
- FINA Diving Officials Manual
- Diving Canada Rule Book
- FINA Rule Book
- Officials Policy Manual

#### Observation Time:

- Minimum 30 hours spent with a coach and/or National level Official –recorded and noted with signature of the coach/official
- Approximate breakdown of time spent to be; 5 hours on each of the 6 groups of dives
- Emphasis to be on the more advanced optionals in all groups on all boards
- Shadow judging at a Senior National level or at a top level



- invitational meet would be an asset
- **Apprentice at the Junior National level and meet all requirements of the apprentice program**

#### Certification Requirements:

- Technical education – under construction
- Pass the National Judging Test and receive no less than 95%
- 3 years judging experience
- a min. of 10 competitions and 30 individual events judging experience – level of competition to Provincial or higher with a % being at the Age Group Nationals
- **Work in a leadership position** with judges within the province in assisting their development
- Must fulfill judging obligations at the Provincial 1 and 2 levels
- Attend enrichment/maintenance discussions when at Nationals and/or become the organizer for similar sessions within the Province



NOTE: Judge to be an Apprentice Age Group Judge until all certification requirements have been met and recommendation to become a National Age Group Judge has been made by the National Judges Committee.

#### LEVEL: NATIONAL SENIOR

**DELIVERY: NATIONAL JUDGES COMMITTEE-** It is the intent that this level of the program would be delivered by the National Judges. The development of this level of official will be in the hands of the Diving Canada Judges Committee but will require assistance in the field work area from the coaches.

#### Goals and Objectives:

- In-depth knowledge of the rules of FINA and Diving Canada
- Knowledge of the trends in the international diving scene
- Knowledge of the technical goals and objectives of Canadian diving
- Ability to Judge Diving at all levels
- Ability to Judge Synchronized diving, both Synchronization and Execution
- **Ability to perform the duties of Referee and Meet Referee**



- Ability to be a leader in the development of the Judges Program across the country and most specifically in home province
- Ability to mentor, run shadow judging opportunities, Evaluate and give meaningful feedback to apprentice judges

#### Pre-requisites

- Interest in the sport of diving
- 20 years of age or older
- be an active registered member of Diving Canada
- Be certified as a National Age Group Judge for at least 2 years
- Must be recommended by a National Level Judge or Coach to become a Senior National Apprentice Judge

#### Knowledge/Education:

- Technical education – under construction
- Develop a sound technical understanding of the different dives required at all levels of diving
- Be familiar with and understand the techniques required for the most advanced optionals
- Understand what Synchronized Diving is and know the rules and regulations related to it
- Understand the two aspects of judging synchronized diving
- ⇒ - Ability to act as a referee **or Meet Referee** for any event held in the country

#### Resource Materials:

- **Technical education – under construction**
- FINA Diving Officials Manual – all chapters
- Diving Canada Rule Book
- FINA Rule Book
- Officials Policy Manual

#### Observation Time:

- Minimum 20 hours spent with a coach and/or Senior National level Official –recorded and noted with signature of the coach/official
- Approximate breakdown of time spent to be; 3 hours on each of the 6 groups of dives
- Emphasis to be on the more advanced optionals in all groups on all boards
- Shadow judging with a Senior National judge when

opportunity arises

- ⇒ - **Shadow judging at international competition when the opportunity arises**

#### Certification Requirements:

- Pass the National Judging Test and receive no less than 95% every 2 years
- ⇒ - Minimum of 2 **recent** years active judging experience
- A min. of 10 competitions and 30 individual events judging and refereeing experience
- Work with judges within the province in assisting their development
- Must fulfill judging obligations at the Provincial and Regional levels
- Attend enrichment/maintenance discussions when at Nationals and/or become the organizer for similar sessions within the Province
- Certification as a Senior Judge will be through an evaluative process by the National Judges Committee, and the FINA TDC Representative and will be based upon the above criteria.

NOTE: Judge to be an Apprentice Senior National Judge until all certification requirements have been met and recommendation to become National Senior Judge has been made by National Judges Committee.