



Chairman: Ken Kirby  
Treasurer: Charles Simms  
Secretary: Ken Gould  
Ladies: Clare Williamson



## **Ipswich Octopush Club** **Coaching Plan**

**All members, and any guests of Ipswich Octopush club, whether players, coaches or officials will comply with this coaching plan and will comply with British Octopush Association and Ipswich Octopush Club rules and guidelines at all times.**

When a new member joins the club or comes to try the sport of Octopush the following plan will be put into action.

The head coach will take charge of the training session or will allocate a coach to take charge of the session or a group.

Before any training session commences the trainees, and if under 16 their parents/guardians, will be talked through the club rules and codes of conduct which will all be available in the introductory pack given to all new trainees.

Initial coach to trainee ratio should not be more than 4:1. If more than 4 trainees are present another coach will be asked to take charge of a group.

Initial training will be poolside with the coach explaining the principles of snorkelling, the equipment required and all safety points.

The coach will ensure every trainee has the correct equipment and is shown how to wear it and use it properly.

Initial pool training will follow the British Octopush Association pool snorkelling award part 1 followed by the award of a certificate if successful.

Further training will follow the British Octopush Association pool snorkelling award part 2 followed by the award of a certificate if successful.

Once the coach is entirely satisfied that the candidate is a competent snorkeller they will be trained following the British Octopush Association Octopush award followed by the award of a certificate if successful.