



## BECOMING A CASK COACH

To coach at a CASK event, you must have a CASK coaching card.  
To get a CASK coaching card, you must complete 4 requirements:

### 1. Register with CASK as a Coach

On the CASK individual member form, check off the option for Coach (and any other categories that apply to you). Send your original form and payment to the CASK office.

### 2. Take the CASK Level 1 Coaching Course

You must take this course once in your coaching career. Check online under 'Courses and Certification' for upcoming courses.

### 3. Submit proof of Basic First Aid training

Complete basic first aid training AND send a copy of the training certificate to the CASK office. You can send the copy via fax, email or mail.

You must complete the training every 3 years and submit proof every 3 years. (If you have completed training anytime within the last three years, this qualifies). A Basic CPR or Lifesaving course from a reputable first aid agency satisfies this requirement.

### 4. Submit Police Check

Get a police check with vulnerability sector screening AND send a copy to the CASK office. You can send the copy via fax, email or mail.

You must complete the check every 3 years and submit the check every 3 years. (If you have completed this check for another agency within the last three years, you may use this same report.)

## FAQs

### **If I fall into more than one category (e.g. athlete + coach, coach + owner) - do I pay the fee twice?**

No, the competitive fee covers all the higher level categories (competitive athlete, coach, official, owner).

### **Do I have to register as a coach every year?**

Yes. A CASK coaching card is issued on an annual basis.

Each year, you must submit your CASK individual member registration form and fee.

If your police check and first aid training have not expired, you will be issued a coaching card for the year.

### **I've been competing for many years; do I still need to take the coaching course?**

Yes. The CASK coaching course is a mandatory government/insurance/association requirement.

### **I'm a certified coach in another sport/discipline; do I still need to take the coaching course?**

Yes. The CASK coaching course is a mandatory government/insurance/association requirement because it is specific to our organization.

### **What does the course teach?**

The course covers the legal, medical and association framework of CASK coaching. The course does not teach how to coach the sport itself. To learn how to coach the sport itself or improve your existing coaching skills, attend a Level II or Level III CASK coaching course or contact the office for information about other coaching improvement opportunities.



International Federation

## **BUREAU NATIONAL / NATIONAL OFFICE**

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