

As a Coach 2 you will be able to conduct 1:1 training for Relative Work/Formation Skydiving (RW/FS) based on the CSPA Skills Grid as well as providing constructive organization for recreational RW loads. You can also help keep the intermediate jumpers motivated to jump between their FS loads by challenging them to improve on their maneuver sets or freestyle series as well as helping them to improve on their stand up accuracy to work towards their Exhibition Jump Rating. You can also provide accurate technical information to help build a good foundation of skill which can be applied to any of the competitive disciplines. The Coach 2 technical is a prerequisite for the Instructor PFF Course.

Note: This applies to traditional flat/belly flying only. Freestyle and artistic disciplines are not covered by the Coach 2 at this time.

Personal Notes:

This portfolio is valid for one (1) year from the issue date, so long as your CSPA membership is kept current. To certify your rating, you must complete the following items prior to the expiry date stated in your portfolio:

- **complete 50 jumps** personally, for skill development
- perform **25 1:1 RW jumps with SOLO or A-CoP holder**
- including **1 Evaluation Jump directly observed and debriefed** by a **Certified Coach 2**
- **within one year** of the completion of the Coach 2 Course. Record the coaching contacts in this portfolio and when complete, have it signed by a **Certified Coach 2** or a **Certified Instructor B** or a Course Facilitator.
- **CAC Online Ethics Evaluation** [if you did not previously complete the CAC Module A Ethics or CSPA Coach 1 Ethics evaluation]. Speak with your Course Facilitator for information.

Once you have completed the above requirements, send the **original** portfolio, completely filled in and signed by the correct individuals, to the Rating Processor, care of the CSPA. *Maintain a photo copy of the Portfolio for your own personal records.*

Once the above is done and approved, a certified rating card will be returned to you and you will be a Certified Coach 2 with CSPA (CAC Instruction Intermediate). You will have to renew your rating as per currency requirements outlined by the CWC as well as your CSPA membership.

If you do not complete the requirements before the expiry date in your portfolio you may refer to the CWC section of the CSPA website www.cspa.ca for the CWC temporary rating extension policy.

Coaching and Instructing is a rapidly developing area of our sport. Strive to keep yourself updated with new ideas in safety and techniques. Feel free to contact the CWC with any questions, comments or ideas that you may have at Ratings@cspa.ca .

Practical Experience Document

Total Number of Jumps _____ Jumps made in the last year: _____

Years in Sport: _____ CAC NCCP Number: _____

Number of Coach 2 contacts since course completion:

1:1 RW Coaching _____ Group RW Coaching _____ Other in air _____

Canopy Coaching _____

I wish to (check one):

- Upgrade to C2 certified
- Revalidate my Coach 2 certified rating (5 yr renewal)
- Gain an extension due to: (list reason)

I certify that the information in this portfolio is a true and accurate representation of my experience as a rating holder.

Signature Date

Email

Verification by an SSE or IB: I have inspected the Logbooks of the above named individual and verify the information contained within this portfolio to be an accurate record of their experience.

Signature Date

Name (Print) CSPA #

Coach 2 Workshop Completion

This certifies that:

Candidate CSPA#

Has attended the Coach 2 course and

_____ has completed the technical course.

_____ requires makeup's prior to participating in coaching dives (make-up form to be filled in by Course Facilitator. Portfolio to be returned with the course package)

This Coach 2 rating temporary **expires** on:

Day Mon Year (One year from date of Coach 2 course)

Course number: _____

Course Location: _____ Province _____

Course Facilitator: _____

CF Signature: X _____

I acknowledge the above evaluation of my abilities during this course.

X _____
Candidate's Signature

CSPA Use Only	
Coach 2 Rating	
Renewal Date:	Issue Date:
CWC Delegate:	Date:
Date Received:	
Date of database entry:	

• Verbal review observed or coached	
• Handles / pin check requested or coached	
• Allowed the novice to check spot	
Section Y Total / 8	
Freefall	
• Correct exit / proximity	
• Flying Ability	
• Provided optimum position for freefall exercise to occur	
• Correct reaction to potential unusual situations	
• Altitude awareness	
• Correct break-off	
Section Y Total / 6	
Canopy / Equipment / Technical Knowledge	
• Observed canopy skills from optimum viewing position	
• Equipment skill completed	
• Technical Knowledge skill completed	
Section Y Total / 3	
Post Jump	
• Debriefed all areas of jump	
• Debrief format was followed	
• Debrief involved novice's point of view	
• Skill analysis of freefall	
• Detected errors using the skill development progression checklist	
• Corrected errors using the skill development progression checklist	
• Skill analysis of canopy control	
• Detected errors using the skill development progression checklist	
• Corrected errors using the skill development progression checklist	
• Areas for improvement practiced	
• Detailed analysis of jump recorded / amended in novice's log book	
• Future goals identified in context of skills grid in novice's log book	
Section Y Total / 12	
Overall Y Rating / 53 (43 Y needed to pass)	

I, _____ a Certified Coach 2 and CSPA # _____	
Evaluator's Name	
Did directly witness and verify that the above 1:1 RW coaching jump was made, evaluated by myself and found to be satisfactory.	
Signature _____	Date _____

Coached Jump Evaluation Form

Name of Novice _____ Freefall / Canopy Task _____

Area	Y/N
Briefing / Teaching	
Planning	
<ul style="list-style-type: none"> • A lesson plan was prepared for the jump that followed the teaching task criteria 	
<ul style="list-style-type: none"> • Training area was prepared 	
<ul style="list-style-type: none"> • Training aids were collected and checked 	
Presentation	
<ul style="list-style-type: none"> • WPW used, supported key points 	
<ul style="list-style-type: none"> • Training Aids were used effectively 	
<ul style="list-style-type: none"> • Novice could clearly see all demonstrations 	
<ul style="list-style-type: none"> • "Must Knows" were emphasized 	
<ul style="list-style-type: none"> • Session was "Short and Simple" – 1 to 3 MTP's 	
<ul style="list-style-type: none"> • Coach used effective voice / gestures / eye contact 	
<ul style="list-style-type: none"> • Coach was confident / sincere / in control 	
<ul style="list-style-type: none"> • Technical knowledge was appropriate 	
<ul style="list-style-type: none"> • Safety issues were discussed / reinforced 	
Application	
<ul style="list-style-type: none"> • The novice's practice was Realistic / Effective / Sufficient / Monitored / Controlled 	
<ul style="list-style-type: none"> • There was a high degree of novice involvement 	
Feedback / Evaluation	
<ul style="list-style-type: none"> • Novice was asked effective periodic questions 	
<ul style="list-style-type: none"> • The coach handled the novice's questions well 	
<ul style="list-style-type: none"> • Feedback was PSI / Prescriptive / Involved the opinion of the novice 	
<ul style="list-style-type: none"> • Learning was confirmed in stages 	
<ul style="list-style-type: none"> • There was a final evaluation of the skill 	
Goal Setting	
<ul style="list-style-type: none"> • Appropriate goals were set for the jump 	
<ul style="list-style-type: none"> • All areas of skills grid were discussed in briefing 	
<ul style="list-style-type: none"> • Exit practice was conducted 	
<ul style="list-style-type: none"> • Skill analysis was applied 	
<ul style="list-style-type: none"> • There was a final rehearsal of the whole jump 	
Section Y Total / 24	
Pre-Flight / In-Flight / Safety	
<ul style="list-style-type: none"> • Coach was appropriately dressed 	
<ul style="list-style-type: none"> • Pre-boarding pin checks observed or coached 	
<ul style="list-style-type: none"> • Aircraft loading and seating supervised 	
<ul style="list-style-type: none"> • Mental rehearsal observed or coached 	
<ul style="list-style-type: none"> • Relaxation techniques observed or coached 	

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#	Date	Novice's Name	Freefall Skill Coached	Canopy Skill Coached	Describe skill performance, outcome, areas for improvement	C2/IB Verification (Name, CSPA#)
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