

Coach Checklist

Course is 1 hour per week for 6 weeks – on same day and time each week

- Agree dates with club
- Agree payment schedule – coach to invoice the club at the start of the course after all players are registered
 - Receive course delivery literature
 - Read and understand the literature – any questions ask Filip
 - If you have access to a glass back squash court, why not write up your lesson plan on the glass with times, before you start each session, that way you can just read what the next progression is
 - You are likely to be the main point of contact with the participants, make sure you always arrive in good time and have everything ready – be professional. You are representing yourself, your club and also NSqF as we are the owners of the course.
 - Check register for anyone with medical conditions and be aware of any limitations. If you're not sure if this means they may have specific challenges, have a private discussion with them to make sure you're supportive of their needs
 - Take photos each week and send to the club or post yourself with tags to the club and NSqF
 - Know who the first aider in the centre is and where the emergency exits are