

## Masterclass objectives

**On completion of the Where you coach masterclass coaches will:**

* identify the barriers and limitations to creating a safe environment
* determine the most effective ways to use the equipment, space and facilities in your environment
* adapt and modify your environment to meet the needs of the session and the participants.

## Reflective workbook purpose

This workbook provides an opportunity to extend the information from within the Where you coach masterclass. The questions and activities within this workbook are designed to:

* provide an opportunity to apply the knowledge within the masterclass to your own coaching context
* provide direction on how to create safe and challenging environments for your participants.

## How to use this workbook

To get the most from this masterclass and develop your ability to create safe and challenging environments, we recommend the following:

* complete the course on a computer or device with a larger display
* download the reflective workbook from the resources section
* display the course and the reflective workbook document in side-by-side browser windows as you complete your learning.

In the online content you will notice a workbook activity icon (see left). This indicates a question or activity linked to this section of the workbook. Locate the corresponding question or activity in the workbook and complete before progressing. Once you complete the questions or activities, head back to the online content to progress through the masterclass.

At the end of the workbook, you can reflect on what you have learned about to inform your understanding of the equipment, space and facilities you have access to.

## What you know

### Before the session

The first step in creating a safe, yet challenging environment is to ensure you have enough working equipment, a training or playing location that allows for the session goals to be met and access to facilities that will make the experience a positive one.

**Think of the next session you have coming up. Create a list of the equipment you need, the space that you require and any facilities that you need access to.**

**Equipment**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

### Space

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

**Facilities**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

Think about what environments your participants are in and how you can ensure you instil confidence in them, so they feel safe using the equipment, space and facilities you have access to.

**What safety concerns might you and your participants have during an upcoming session?**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

**How you could use the equipment, space and facilities using the responses above, to address these safety concerns and help your participant feel confident the activity is safe?**

**Equipment**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

### Space

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

**Facilities**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

## In addition to making sure the equipment, space and facilities are safe for participants to use, you also need to consider how you are going to use these things to help prepare and develop your participants.

**What equipment, space or facilities do you have available at your sessions?**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

### How does this equipment, space or facilities help make your session safe and challenging for your participants?

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

### How could you modify any of the equipment, space and facilities to meet the needs of the participants?

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

## What you do

### During the session

In addition to knowing what you have access to and making sure it’s safe for participants, you need to think about how you can make best use of the equipment, space and facilities to meet each participant’s needs and ensure they are having a positive experience.

**What barriers are there in your environment that might impact your ability to create a safe space for your participants?**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

**How can you overcome or limit the impact of these barriers?**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

**What barriers are there in your environment that might impact your ability to create a challenging space for your participants?**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

**How can you overcome or limit the impact of these barriers?**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

## What others think

To create an environment where your participants feel safe and also have the freedom to explore and develop their skills, you need to consider feedback from your participants. Ask your participants what they thought about a session, the equipment, the space and facilities to help guide future sessions.

**Create a list of questions you could ask your participants to find out what they thought of your session.**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

## What you think

Up to this point you have:

* identified potential barriers to creating safe environments that support participant development
* identified how equipment, space and facilities could be used to instil confidence and help participants develop
* identified how participants think equipment, space and facilities can impact their environment.

Knowing this information will help you plan for these barriers and make effective use of equipment, space and facilities in your environment. Sometimes though, it’s difficult to know how best to run an activity or session, without trying it or having seen it done before, especially when there is a need for specific equipment, space or facilities. Having a plan in place that provides a few options is one way to minimise potential issues that might arise.

The activity below will help you plan for issues that might arise or stop you from completing the activity or session how you planned originally.

**Find a session plan – either one you used in the past, or one you plan to use in the future.**

1. **Pick two activities from the plan: one that relies on the use of equipment, space or facilities to achieve objectives of the activities; and one that has minimal need for equipment, space and facilities.**
2. **Recreate both activities, but remove or reduce the reliance on equipment, space and/or facilities.**
3. **See if you can come up with different ways of creating an environment for your participants that remains safe and challenging, while meeting their needs and motivations.**

### Original activity 1

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

### Updated activity 1

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

### Original activity 2

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

### Updated activity 2

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

## Moving forward

### What have you learned?

You’ve now begun to plan for how you can make best use of equipment, space and facilities to create a safe and challenging environment for your participants.

**Before you complete the Where you coach masterclass, take some time to reflect on what you have learned.**

* **If my participants don’t feel safe or challenged, how can I make more effective use of the equipment, space and facilities I have available?**
* **Are there multiple ways of using equipment, space or the facilities to create different learning environments?**
* **What equipment, space or facilities would help make my sessions more effective?**

|  |  |
| --- | --- |
| Icon  Description automatically generated |  |

It is important for coaches to understand how the environment impacts the participant experience at every training session and competition. Before each and every session, plan how to best use the and equipment, space and facilities available to you.

# Additional resources

The Australian Sports Commission Community Coach Development – <https://www.ausport.gov.au/coaching/community/support-for-sports/coach-development>