



# **Scottish Swimming Coaching Qualification (SSCQ) Frequently Asked Questions**

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## Do clubs need coaches with a Scottish Swimming Coaching Qualification?

All affiliated clubs are required to have qualified coaches to enable them to run activities in their aquatic sport. This ensures activities can run safely, and to ensure swimmers can have the best experience for participation and development.

**PLEASE NOTE:** The Level 1 and Level 2 Coaching Swimming Qualifications are still valid and do not expire. There is no need to convert to the SSCQ if you hold a current Level 2 certificate.

## What qualification do I need?

The Scottish Swimming Coaching Qualification (SSCQ) develops coaches who are ready to work independently in clubs and the competitive swimming environment, to support participants to become better people and better swimmers by creating a meaningful, safe, inclusive, person-centred environment for individuals to thrive and improve their performance.

The award aims to support the development of coaches who are evolving their practice; it encourages curiosity and the idea that coaching effectiveness is not simply about developing coaching knowledge but also having a greater level of self-awareness while understanding the participant.

**PLEASE NOTE:** The Level 1 and Level 2 Coaching Swimming Qualifications are still valid and do not expire. There is no need to convert to the SSCQ if you hold a current Level 2 certificate.

## What level of qualification is the SSCQ? Is It SQA approved?

The SSCQ is the new industry standard for coaching swimming, sitting within the Scottish Swimming Coaching Framework. The Scottish Swimming Coaching Qualification is approved by SQA at SCQF Level 7.



## What will I need to demonstrate on the SSCQ course?

The Scottish Swimming Coaching Qualification (SSCQ) will enable candidates to:

1. Demonstrate self-awareness in the context of their own role and responsibilities as a coach working independently as a member of a team in a swimming club or competitive swimming programme
2. Demonstrate that they are motivated and reflective learners committed to improving their own practice
3. Support participants to become better people, and better swimmers by creating a meaningful, safe, inclusive person-centred environment for individuals to thrive and improve their performance.
4. Design, deliver and evaluate a seasonal programme of training and competition suitable for Children's, Age Group and Performance Development swimmers
5. Lead the planning, delivery, and review of coaching sessions suitable for Children's, Age Group and Performance Development swimmers
6. Plan for and prepare the swimming environment and equipment to meet required safety standards
7. Apply their knowledge in an effective practical manner
8. Identify and respond to the needs and expectations of participants during sessions

## Does the SSCQ allow me to coach on poolside on my own?

Yes, this qualification will provide candidates with the skills and knowledge to work independently and safely, to effectively plan, prepare, deliver, monitor and evaluate.

## What qualifications or prior experience do I need?

All candidates wishing to undertake the SSCQ must hold the following pre-requisites

- Scottish Swimming Member
- Candidates must be at least 16 years of age at the commencement of the course
- Hold a Scottish Swimming Club Poolside Helper certificate or Level 1 Coaching Qualification or hold a Scottish Swimming Teaching Qualification (SSTQ) or equivalent
- Provide written endorsement from Head Coach/Club evidencing a minimum of 20 hours swimming coaching experience
- Hold a current and valid Child Wellbeing & Protection in Sport (CWPS)
- Complete the SportScotland Mental Health and Wellbeing E-Learning Module



## How do I become a Scottish Swimming Member?

There are 2 ways of becoming a Scottish Swimming Member:

1. Via one of our affiliated clubs – please liaise directly with the club Membership Secretary to authorise in the first instance
2. Via our Trainee Membership– Details below

### **Trainee Membership:**

Individuals who wish to sign up for Trainee membership are asked to sign up and pay for their membership online.

- Please visit: <https://scottishswimming.azolve.com/Workbench/Home>
- Sign up for an account
- Request “TRAINEE Swim School Teacher/Coach Membership”
- Pay for the membership online

This membership does not cover individuals for insurance to teach. Insurance is covered by the course provider for the duration of the course. After the course, if you wish to teach you need to check whether you are covered for insurance by your employer or arrange your own insurance if self-employed.

**PLEASE NOTE: although you may be given a membership number, your membership will not be active until payment is made.**

If you have any problems, please contact our Membership team to discuss on 01786 466520.

## How do I book on a club poolside helper workshop?

You must be attached to a local swim club to access a poolside helper workshop, please [contact your club](#) in the first instance.

If you are a club and would like to register a Club Poolside Helper Workshop you can do so by registering your workshop for approval. Further information on the Club Poolside Helper workshop, including our registration form can be [found here](#).



# Scottish Swimming Coaching Qualification (SSCQ) Frequently Asked Questions

## What if I am not currently coaching, how do I gain experience?

The SSCQ requires candidates to have a minimum of 20 hours swimming coaching experience. If you are not part of a swimming club and don't have membership with Scottish Swimming, please contact your local club in the first instance. Use our [club finder](#) on the website or reach out to our Regional Swimming Development Manager (RSDM) [for more information](#).

If you are a member of a club and would like to gain more experience, then you should contact your local club/chair/head coach etc to ask how you can get involved in volunteering within your local club. Any new volunteers would be expected to have a PVG and complete the Child Wellbeing and Protection in Sport Training. We also ask for completion of the of the [Club Pool Side Helper](#) Certificate to gain the relevant experience before embarking on the SSCQ.

## When will Level 1 and 2 coaching swimming qualifications stop?

Once the SSCQ has fully launched from September 2024 we will no longer approve Level 1 and Level 2 Coaching Swimming Qualifications for delivery.

**PLEASE NOTE:** The Level 1 and Level 2 Coaching Swimming Qualifications are still valid, and do not expire. There is no need to covert to the SSCQ if you hold a current Level 2 certificate.

## What about Artistic Swimming, Diving & Water Polo, will Level 1 & 2 still be available?

Scottish swimming will continue to deliver Coaching qualifications across our aquatic sports as follows: Coaching Diving (Levels 1-2), Coaching Water Polo (Levels 1-2), and Coaching Artistic Swimming (Level 1) We are currently reviewing these qualifications with a view to align them to the SSCQ in the future.

## What age do I have to be?

As per SQA guidelines, candidates wishing to attend the SSCQ must be aged 16 years or older at the commencement of the course.

## How much does It cost?

The fee for SSCQ is £600 per candidate. \* [please check the website for subsidy eligibility](#)



## Is Funding available?

Learners are eligible to apply for SportScotland Subsidy funding for Scottish Swimming Teaching and Coaching courses. Please see the Subsidy section of our [website](#) for further information on eligibility criteria and how to apply.

## How is the SSCQ qualification delivered?

The qualification is designed to be delivered incorporating a combination of e-learning (Brightspace), self-study, home programme coaching and in person theory and practice.

**Unit 1** (pre learning module) to prepare individuals for on course learning; establish expectations and fulfil regulatory requirements.

**Self-directed learning** – (Brightspace Modules) tasks and activity undertaken by learners in their own time, additional knowledge-based tasks and information online to support theory and practice. Individuals will also be encouraged to look beyond course material.

**On course face to face learning** (guided learning) – collaborative learning with guidance from tutors, facilitated interactive workshops delivered by tutors or other suitable presenters

**Peer-to-peer support** – informal learning within the coaching community

**Mentored support** – development in practical situations supported by tutors, mentors and experienced coaches within the coaching community

**Assessment** – practical evaluation of coach competence against established criteria and undertaking short knowledge tests.

## What coursework will I need to complete as part of the SSCQ course?

- Deliver and write swim sessions during practical session delivered by the tutor, and in home programme
- Deliver presentations to tutor & candidates
- Attend a swim competition as a coach
- Complete and submit coursework/assignments by uploading these to Brightspace digital platform.



## How will I be assessed?

Assessment will be carried out within the practical, applied coaching context with knowledge & understanding checked in a continuous assessment process throughout the learning programme (there is no formal written exam). This includes coursework completed on the course delivered by the tutor, e-learning done in the candidates own time, and coursework completed in a candidate's home programme then submitted to the tutor for assessment.

## How long will the SSCQ qualification take?

The SSCQ is set over 7 days of practical coaching/classroom sessions - made up of 85 guided learning hours.

\*Please note some timetables may vary

### **Length of Learning Programme**

33 hours classroom-based theory

32 hours practical (20 on course and 12 in home programme)

20 hours e-learning

## How long do I have to submit my coursework?

From the last in-person or virtual session delivered by the tutor, candidates will have 3 months to submit all coursework required for the course. Please speak to your tutor for confirmation of time scales and final submission date. If the final completion deadline is missed, further charges will be in place for late completion as per the late marking policy.

## What equipment do candidates need?

- Computer/Tablet to complete & submit online assessments and join online meetings.
- Notepad & Pen/Tablet for taking notes during course and submitting evidence for coursework
- Camera/Phone for pictures & videos for submitting evidence during course
- Stopwatch

## Where and when will be the first SSCQ courses be launched?

In the initial phase from September 2024, Scottish Swimming will take on the role as course organiser and will deliver 6 courses (Edinburgh, Dundee, Aberdeen, Shetland, Inverness & Renfrewshire) spaces in the first instances will be allocated in conjunction with the partnership clubs, Thereafter, should any spaces become available for external/public booking these will be advertised on our website.



## How do I book on a course?

All of our registered courses are detailed on our website; this is updated weekly with any new courses. The course calendar can be found on our [website](#).

All course bookings and further details are provided by each individual Course Organiser. If you select a suitable course from the calendar and click on the link this will give you all appropriate contact details and booking links.

## How do I organise a course?

Clubs can refer to the SSCQ Course Organisers guide on our [website](#) for more details.

## How do I source an approved SSCQ Tutor?

Once tutors are fully signed off to deliver to SSCQ, concluding the initial roll out an updated list will be available on our [website](#).

## I already have a Level 1 Coaching Swimming Qualification, which course should I do?

The SSCQ Conversion course is aimed at coaches who have completed the Level 1 coaching swimming qualification since 2022. If you have completed your level 1 coaching swimming qualification prior to 2022, you should complete the full 7-day SSCQ qualification.

### **SSCQ Conversion course Pre-requisites**

- Scottish Swimming Member
- Candidates must be at least 16 years of age at the commencement of the course
- Provide written endorsement from Head Coach/Club evidencing a minimum of 20 hours swimming coaching experience
- Hold a current and valid Child Wellbeing & Protection in Sport (CWPS)
- Hold a level 1 coaching swimming qualification (awarded since 2022)

## How much is the SSCQ conversion course?

The fee for SSCQ Conversion course is £300 per candidate. \* [please check the website for subsidy eligibility](#)



Scottish  
Swimming  
Coach Qualification

# Scottish Swimming Coaching Qualification (SSCQ) Frequently Asked Questions

## How long will the SSCQ conversion course take?

The SSCQ Conversion consists of 4-7 days practical coaching /classroom sessions

\*Please note some timetables may vary.

## How do I book on a SSCQ Conversion Course?

All of our registered courses are detailed on our website; this is updated weekly with any new courses. The events calendar can be found on our [website](#)

All course bookings and further details are provided by each individual Course Organiser. if you select a suitable course from the calendar and click on the link this will give you all appropriate contact details and booking links.

**PLEASE NOTE:** The SSCQ conversation course will be available from January 2025 once we have fully completed the 6 initial SSCQ courses. SSCQ conversation courses can then be registered, delivery cannot be granted until tutors have undergone the final sign off process.

*\*This is a live document and will be continually developed, if you require more information, please email [education@scottishswimming.com](mailto:education@scottishswimming.com)*