

## UKSCA Accredited Member Application Pack

In order to become a UKSCA Accredited Strength and Conditioning Coach (ASCC), members are required to demonstrate that they meet all criteria outlined in the UKSCA's Competency Document. In order to do this, they will be required to:

- Book on and attend a UKSCA run assessment day (see UKSCA Assessment Day Guidelines). For the up-to-date list of available assessment days and locations, please see UKSCA's website at [www.ukzca.org.uk](http://www.ukzca.org.uk) or contact the office on 0845 300 8078.
- Submit the Accredited Member Application Form with relevant supporting documentation to:  
UKSCA – Assessment applications  
1 Woodville Terrace  
Lytham  
FY8 5QB

### **LEARNING AND/OR PHYSICAL DISABILITIES**

Please inform the office (Helen@ukzca.org.uk) if any special provision is required to cater for your needs. You should also inform the lead assessor on the day.

If you are injured and unable to complete any aspects of the practical elements on the day, we advise you to defer your assessment until fully fit.

### **OPERATIONAL DEFINITIONS**

**Strength and conditioning** is defined by the UKSCA as:

*"the specialist area encompassing the physical preparation of athletes for performance in sport, while aiming to prevent or minimise the risk of injury. It includes processes that result in physical adaptation. Strength work involves all forms of resistance training. Equally the conditioning element can include work on agility, endurance, speed and flexibility and other areas, which can impact on the athlete's performance."*

The definition of 'performance-oriented' athletes is taken to include all those who are continually striving to improve their own performances within a competitive environment.

#### **Scope of Practice**

Strength and Conditioning is the specialist area encompassing the planning and implementation of physical preparation programmes for performance. It includes processes that result in physical adaptation, integrating fitness components into a programme, which compliments other aspects of the performer's development. This includes, though not exclusively, strength, speed, power, endurance, agility and flexibility. Effective programming in strength and conditioning presents the best synergistic combination for optimum development whilst preventing the risk of injury.

#### **The Accredited Member Candidate**

Must be able to demonstrate competence against each identified outcome required for accreditation by the UKSCA. These competencies are detailed in the Competency Document. It is the candidate member's responsibility to collect the necessary evidence for a judgment to be made about whether or not competence has been demonstrated and/or achieved.

#### **The UKSCA Assessor**

Appointed by the UKSCA to make an assessment / evaluation based on the evidence provided by the candidate member. UKSCA assessors have demonstrated competence in the area of strength & conditioning by becoming Accredited Members through this process. They are people currently utilised by governing bodies of sport and/or Institutes of Sport in this capacity. In addition to being strength & conditioning coaches, they have also demonstrated their competence as assessors.

## UKSCA Accredited Member Application form

PERSONAL INFORMATION	
Full Name	
Address	
Post Code	
Tel (main contact)	
Tel (alternative)	
Principle employer	
Email	
Certificate name (as it appears on any certificates you hold if different from above)	

FURTHER / HIGHER EDUCATION QUALIFICATIONS		
Institution name	Qualification – major subjects and grades	Date awarded

COACHING QUALIFICATIONS – PLEASE SUBMIT COPIES OF CERTIFICATES		
Awarding body	Qualification	Date awarded

SUPPLEMENTARY QUALIFICATIONS / CERTIFICATIONS – PLEASE SUBMIT COPIES OF CERTIFICATES		
Awarding body	Qualification / certification	Date awarded

**SUPPORTING DOCUMENTATION – PLEASE ALSO INCLUDE WITH THIS APPLICATION THE FOLLOWING**

Two letters of support for your application from appropriately qualified and experienced individuals eg coaches, athletes, physiotherapists, support staff, governing body officials. One of these letters of support should endorse your case study for the assessment day.

Passport photo – an electronic version can be emailed to [info@uksca.org.uk](mailto:info@uksca.org.uk)

Current First Aid certificate

Copy of normal operating procedure\* (NOP) that you currently work under

Copy of Emergency Action Plan\* (EAP) that you currently work under

\*If the NOP/EAP are lengthy documents, then a cover page and index page can be submitted. The UKSCA is not assessing the detail of these documents, but the applicant's knowledge and awareness of them.

**PROFESSIONAL REFEREES (AT LEAST ONE SHOULD KNOW YOU IN A STRENGTH AND CONDITIONING CAPACITY). PLEASE NOTE THAT YOUR REFEREES CAN (BUT NEED NOT) BE THE SAME AS THOSE WHO PROVIDE LETTERS OF SUPPORT BUT THEY MUST BE WILLING TO BE CONTACTED IN THIS CAPACITY.**

Referee 1	
Full Name	
Address	
Occupation	
Tel	
Email	
Referee 2	
Full Name	
Address	
Occupation	
Tel	
Email	

**DECLARATION**

- I have read the UKSCA *Constitution*, and I fully support it and agree to abide by it.
- I certify that all statements given above by me on this form are true and correct to the best of my knowledge. I realise that if my application for Accredited membership is accepted and it is later found that such information is false or that I have withheld information, I am liable to expulsion from the Association without notice.
- I agree that the UKSCA is not responsible or liable in any way for any injury, illness or other mishap whatsoever and howsoever it may arise which may be suffered by me or any athlete, squad, organisation or other body, unless it arises as a result of a deliberate or wrongful act by the UKSCA.
- I undertake to indemnify the UKSCA against the costs of any actions, suits, causes of action proceedings, demands, costs and expenses whatsoever which may be taken or made against the UKSCA or incurred or become payable by the UKSCA as a consequence of any breach by me of the provision of the Code of Conduct or any negligence or any breach of any other applicable rules or laws.
- I understand that the UKSCA is registered according to Data Protection legislation. I consent to the processing and use of my personal data by the UKSCA for the purposes of operating and maintaining the Association.
- I have no current or pending criminal convictions.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_