

USA Luge Coaches Education Requirements

All requirements must be successfully completed, current and on file at USA Luge to maintain certification:

USA Luge Membership

Be a member in good standing of USA Luge.

Cost: \$50/year

ASEP (American Sport Education Program) Coaching Principles Course

www.asep.com

The “Coaching Principles” course offered by ASEP is a self-paced online course covering coaching related issues including: philosophy, objectives, style, character, behavior, teaching, physical training and management.

The course can be accessed at www.asep.com. In the “Courses and Tests” tab at the top of the home page, click on “take a test” in the drop down menu. Click on “For Coaches” in the menu on the left, then select “Browse the Course Catalog”. Scroll down to the Coaching Principles course and choose the online course version. In the “Choose an association or organization” menu select USA Luge.

Cost: \$70.

National Officials Course

Take the USA Luge National Official’s Course. This course is usually offered at least once per year and when completed, allows the individual to serve as a volunteer official at domestic luge races. It requires a periodic refresher course (every two years) in order to maintain the certification.

Cost \$25 (refreshers free).

CPR/First Aid

Successfully complete American Red Cross (or equivalent) certification in one of the two following courses which include online and in-person components:

“CPR/First Aid/AED for Schools and the Community”, “Sports Safety Training”.

Cost: May vary.

Once all course components have been successfully completed, US Luge will reimburse for half the cost of the CPR/First Aid course.

Coaching Ethics

Read, sign and submit the US Olympic Committee Coaching Ethics Code.

Volunteer with a club level program

Complete 15 hours of coaching apprenticeship in a club/development level program (winter or summer) which includes guidance by a US Luge coach on issues including: sled set up (scissor, parallel, edge), sled maintenance, sliding dynamics (driving techniques, rolling, un-weighting, pressures, track lines), start technique, program development, physical training and athlete skill level benchmarks. Time should be documented and submitted to US Luge when completed.

SafeSport

This is an online, self paced course developed by the USOC that addresses issues such as physical & emotional abuse, bullying, sexual misconduct, sexual abuse, social media etc. The course can be accessed at www.safesport.org and takes about 2 hours to complete.

Cost: Free.

Each individual is responsible for submitting to US Luge proof of successful completion for each of the items noted above and for keeping each certification current. All certifications and memberships must remain current in order to maintain USA Luge Coach Education status. Items which must be current and on file at USA Luge are:

- USA Luge Membership
- ASEP Coaching Principles course
- National Official course
- CPR and first aid
- SafeSport
- Proof of completion of 15 hours apprenticeship (one time)
- Signed Coaching Ethics Code document (one time)

Individuals will be reimbursed for the items noted above after all items have been successfully completed and proof of payment has been submitted to US Luge.

All proof of items completed should be submitted to Fred Zimny at USA luge.