



Coaching in Ontario Schools

Online

Everything you need to know about attending an OFSAA NCCP Coaching In Ontario Schools online workshop.

What is OFSAA's Coaching in Ontario Schools (CIOS) Workshop?

CIOS is a program developed by the Coaching Association of Canada and the Ontario Federation of School Athletic Associations to give teacher-coaches and community volunteers the special skill-set they need to coach effectively in the school environment. The three and a half hour course is NCCP accredited, and participants will also receive an OFSAA Certificate of Completion.

The workshop is led by a NCCP trained Learning Facilitator and combines information required by coaches of beginner to intermediate athletes with skills they specifically need to work with student-athletes in the school environment.

Why Should You Host a NCCP/OFSAA CIOS Workshop?

Over 240,000 students participate in high school sports, with 25,000 coaches providing quality athletic programs in our secondary schools.

OFSAA's CIOS is a beneficial **resource for coaches**. CIOS provides:

- NCCP Accreditation
- Introduction to Opeha Safety Guidelines
- Stronger knowledge of OFSAA policies and procedures
- Understanding of school sport philosophy
- Understanding/overview of CS4L
- Concussion information
- **Better coaches**



coach.ca



What Do You Need to Know?

CIOS Workshop Facts for Hosts:

- Participants receive NCCP Accreditation
- **Faculties of Education:** \$25/participant. **School/Boards:** \$25/participant plus cost of Learning Facilitator and travel (if applicable)
- Minimum of 8 and maximum of 30 participants per workshop
- Workshops are 3.5 hours long (allow for half-hour set-up time for Learning Facilitator), with a flexible format
- Learning Facilitators are trained across the province
- Course can run any time (week day, week night, weekend)
- Canadian Sport for Life (CS4L) resource booklet
- Registration into NCCP database
- OFSAA Certificate of Completion



What's Included?

- OFSAA's CIOS Coach manual/workbook

Sample CIOS Workshop Timeline

(Half day clinic - 3.5 hours)

1.	Welcome	20 min.
	- Introduction to OFSAA and NCCP - Introduction of core competencies - Climate setting	
2.	Canadian Sport for Life	30 min.
3.	Starting Point - School Sport vs. Community Sport	15 min.
4.	OFSAA and School Sport	15 min.
5.	Coach Philosophy	45 min.
6.	Policies, Procedures and Safety Guidelines	45 min.
	-Including concussion information	
7.	Coach Responsibilities	15 min.
8.	Conclusion and Evaluation	10 min.
	- Workshop evaluation - OFSAA Certificate of Completion - Q & A	