

Coach to participant ratio guidelines

The following guidelines are the recommended coach to participant ratios for Chinese Martial Arts Clubs and Associations.

Participant Age Group	Competitive Programs One coach to:	Recreational classes One coach to:
3-5 years old	Not Applicable	6-8 participants
6-11 years old	6-8 participants	8-10 participants
12-16 years old	6-8 participants	8-10 participants
17 + years old	8-10 participants	20 participants

**Higher levels of skills particularly the use of weapons may require lower ratios.*

It is recommended for all classes containing children that the minimum number of coaching staff is two in all cases.

Qualifications:

As a minimum, a **Coach** should hold a National Governing Body Level 2 or similar NVQ/QCF professional qualification at level 2 and must be 18 years or older.

Assistant Coaches should hold as a minimum a National Governing Body Level 1 or similar professional qualification at Level 1 and must be 16 years or older and may not work unsupervised.

Assistant coaches are restricted to assisting the Head Coach in organising, preparing and conducting elements of the practice session specified by the Head Coach (this may include warm up and cool down, individual or partner work but should not include sparring unless under instruction from the head Coach, i.e. personal development) but should not exceed 20% of the normal allotted class time.