



## **SG-Coach Integrated/ Technical Level 1 Jump Rope/ Rope Skipping Coaching Course Registration Information**

### **Dates and Timeline:**

**Registration starts:** 1 December 2024

**Registration and payment period:** 1 December - 24 January 2025

**Notification of Enrolment:** By 25 January 2025

**E-Learning on SportSG-ED:** 27 January - 14 February 2025

**Face to Face Theory and Technical Classes:** 15, 16, 22 and 23 February 2025, 9am - 6pm

**Assessment Dates:** 8 March 2025, 11am - 12pm and 22 March 2025, 9am - 3pm.

**Venue:** TBA

**Fees:** Fully Integrated Level 1- SGD\$800.00 / Technical Level 1 - SGD\$500.00

**All payment is to be made to:** Singapore Jump Rope Academy Pte Ltd

**Bank transfer:** OCBC Current Account 662844216001 or PayNow: UEN 200716767N.

**Do indicate you last 4 digits of your IC number / JRICC eg. (XXXX/JRICC) as reference number.**

\*JRFS and SJRA reserves the right to cancel or postpone this course.

\* All forms must be completed and full course fees must be paid in order to process registration.

\* Registration is on a first come first serve basis.

\* Slots are limited for this intake due to safe management measures.

\* Submission of registration and payment does NOT guarantee a slot in this course.

### **Introduction:**

The SG-Coach Level 1 Jump Rope/ Rope Skipping (Full Integrated) Coaching Course will be held from 27 January 2025 - 29 March 2025. Registration for the course will be open from 1 December 2024 - 24 January 2025. The aim of this course is to establish a training and development system to develop high quality and professional jump rope/ rope skipping coaches in Singapore. At the end of this course, participants will be equip with skills and knowledge to coach jump rope to novice participants in the community and /or youth level.

### **Course Content:**

The integrated programme consists 5 main components.

1. Theory Modules
2. Foundational Sport Science
3. Technical Modules
4. Course Assessments
5. Attachment and Assessment by Course Director

\*Participants will be required to complete the written and practical assessment to complete the course.

### **Course prerequisites:**

1. Minimum 18 years old
2. JRFS (Jump Rope Federation Singapore) Basic Coaching Course Certificate or equivalent
3. Physically and medically fit
4. Preferably active in the sport of jump rope /rope skipping or with history of participation in the last 3 years.



### **Pre-requisite Skills Test**

Date: 25 January 2025

Venue: Singapore Jump Rope Academy Pte Ltd

A pre-requisite skill test will be conducted to evaluate and examine the candidates. This is to ensure that participants have already obtained prior knowledge and technical proficiency in regards to the sport of jump rope.

### **SportSync and SportSG-ED Access:**

All participants MUST create and activate their SportSG-ED access prior to the commencement of this course.

### **Recognition of Prior Learning (RPL):**

All RPL application must be submitted before registration.

Participants who have obtained these certificates may submit your certs for exemptions on certain modules and exams.

1. SG-Coach Theory L1 (before April 2021)
2. NCAP Theory Level 1 (before 2015)
3. Values and Principles in Sport (before Jan 2021)
4. National Standards for Youth (NSYS) for coaching in Singapore Schools
5. Building Capacity of Coaches and Instructors (BCCI)
6. Values and Principles in Sport (after Jan 2021)
7. Basic Sport Science (BSS)
8. Sports and Physical Education Courses offered by NTU, NIE, RP and NYP.

\*Please email your certificates directly to CoachSG to check your exemption.

\*Participants who are eligible for exemptions will receive discount off the course fee.

\*A refund of the discount fee will be made after the exemption is confirmed by CoachSG.

### **Forms with payment proof to be submitted to complete the registration:**

1. Application Form
2. Indemnity Form
3. Declaration Form
4. Proof of Payment (Please indicate you last 4 digits of your IC number / JRICC eg. (XXXX/ JRICC) as reference number.)



Recent Photo

## APPLICATION FORM

NAME (as in NRIC/Passport): \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_ Occupation: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Country of Birth: \_\_\_\_\_

NRIC/ Passport Number: \_\_\_\_\_ Nationality: \_\_\_\_\_

Home Address: \_\_\_\_\_

\_\_\_\_\_ Postal Code: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Mobile \_\_\_\_\_ Home \_\_\_\_\_

Email Address: \_\_\_\_\_

Highest Academic Qualification: \_\_\_\_\_

SportSync ID: \_\_\_\_\_

## TERMS & CONDITIONS

### 1. Application:

1.1 Please ensure that all fields are duly completed. Please enter 'NA' for sections that are not applicable.

1.2 Only Electronic bank transfers is accepted for payment of course fees.

Course fees should be made payable to Singapore Jump Rope Academy Pte Ltd via bank transfer to OCBC current account 662844216001 or PayNow: UEN 200716767N.

1,3 All form and documentary evidence must reach us at least 2 weeks before course commencement via email to admin@jrfs.org.sg.

### 2. Withdrawal From Course / Refund

2.1 Request for withdrawal must be given in writing, at least 2 weeks before course commencement and receipt of enrolment confirmation letter. Request should be accompanied by supporting documentary evidence

(eg. medical chit or employer's letter). Upon approval, a full refund will be made.

2.2 An administrative charge of \$50 shall be imposed if a withdrawal request (without a valid reason) is received less than 2 weeks before course commencement or after enrolment has been confirmed.



## APPLICATION FORM

JRFS (Jump Rope Federation Singapore) reserves the right to cancel, postpone or change the dates, venue and programme of the course as it deems fit.

DISCLAIMER: Upon JRFS (Jump Rope Federation Singapore) undertaking that they shall exercise reasonable care and ensure the safety of all participants, I confirm that I will not hold JRFS (Jump Rope Federation Singapore), its servants and agents responsible or in any way liable for any death, disability, personal injury, loss of property or my loss howsoever, arising from any cause whatsoever, in connection with the coaching course or any participation therein.

I have read and understood the above terms and conditions. I hereby agree to abide by them.

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Signature / Name of Applicant (as in NRIC)

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Date



## Declaration Form

### Particulars

Name (as in NRIC): \_\_\_\_\_ Gender: Male / Female

Address: \_\_\_\_\_

NRIC / Birth Cert Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_ Organization: \_\_\_\_\_

I confirm that I/ the organisation I represent have not been convicted in a court of law in any country for any offence and i do not have any current police investigations against me. I/ the organization i represent have not been disciplined by any sporting/ arts/ professional body in Singapore or in any other country or facing disciplinary proceedings by any such sporting/ arts/ professional body.

I have read, understood and I agree to abide by the SportSG Coach's Code of Ethics, (please refer to <https://www.sportsingapore.gov.sg/Athletes-Coaches/Coaches-Corner/Code-of-Ethics>)

I declare that all the provided information / evidence is true and accurate.

***Please put a "Tick" in the boxes if you have read and agree to the statements above.***

\_\_\_\_\_  
Signature / Name of Applicant

\_\_\_\_\_  
Date



## Indemnity Form

I wish to participate in JRFS (Jump Rope Federation (Singapore)) (courses/ programmes/ trainings / events / activity / camp) and abide by the Rules and Regulations set by both JRFS (Jump Rope Federation (Singapore)) and the Event organiser. I am fully aware of the possible risks involved and accept the same, notwithstanding the fact that this activities are intended only for those without medical problems and who are fit enough to indulge in physical activities. I confirm that i am enrolling on my own volition and i shall not hold JRFS (Jump Rope Federation (Singapore)), its servants and organiser responsible or in any way liable for my death, injury, disability or any loss or damage whatsoever arising from any cause in connection with the activities or my participation therein.

I hereby indemnify and agree to keep JRFS (Jump Rope Federation (Singapore)), its management, servants, organisers of event, partners fully indemnified against all claims, loss or damage whatsoever in respect of death, injury, disability or any loss or damage whatsoever arising from any cause in connection with the training, event, activity or my participation therein.

### Participant Particulars

Name (as in NRIC): \_\_\_\_\_ Gender: Male / Female

Address: \_\_\_\_\_

NRIC / Birth Cert Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_ Organization: \_\_\_\_\_

### Parent's/Guardian's Consent for Participant below 21 years of age on the date of participation

I, \_\_\_\_\_, NRIC/Passport No. \_\_\_\_\_ am the \*parent/ guardian of the above-named participant. I **do consent** to my child's/ward's participation in the above activity. I also undertake to indemnify the Jump Rope Federation (Singapore) against all claims arising out of any death, injury, damage, loss or liability suffered or caused in the course of participation in the above activity, where such death, injury, damage, loss or liability is not caused by the negligence or wilful act or omission of the Jump Rope Federation (Singapore) or their appointed staff or agents.

\_\_\_\_\_  
\*Participant's/ Parent's/ Guardian's Signature

\_\_\_\_\_  
Date

\*Delete where applicable

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In case of emergency:

Contact Person/Next-of-kin: \_\_\_\_\_

Relationship: \_\_\_\_\_

Contact number: \_\_\_\_\_