

Club Weightlifting / Sports Power Coach 1 Licence Coach Education Program



VENUE AND EQUIPMENT REQUIREMENTS

Item	Qty	Comments
Floor Space		120M ² of contiguous air-conditioned floor space for practical exercises with bar and weights plus a further 40M ² laid out with chairs for theory work.
Squat Racks	4	This is an ideal quantity
Broom Sticks (or very light bars)	Min 8	Ideally there would be a broomstick and/or light (7Kg) bars for each participant but a minimum would be 8.
Olympic Bar	4	This is an ideal quantity
Olympic Bar Discs	Various	An assortment of small discs (2½Kg, 5Kg, 10Kg) to fit each Olympic bar
Chairs	15	One chair for each participant plus one for the presenter
Clear wall or screen for projection	1	Wall or screen should not be exposed to direct sunlight or strong lighting during projection.
Laptop Computer		Check with presenter
LCD Projector		Check with presenter
Polo Shirts		Will be brought by presenter
Manuals for participants		Will be brought by presenter
Assessment Materials		Will be brought by presenter
USB Memory Stick		Will be brought by presenter
Medicine Balls	4 - 6	
Power Board	1	
Power Extension Lead	1	
Refreshments		Refreshments for two morning and two afternoon breaks