



## Coach Assessment

### Athlete/Parent

Who is completing this form:

Athlete

Parent

**Note: Athletes must be at least 16 years of age to complete this form.**

Please check the appropriate box for the person submitting this assessment using the rating scale below.

SD – Strongly Disagree

D – Disagree

A – Agree

SA – Strongly Agree

NA – Not applicable – cannot observe

<i>Rate each statement below by placing an X in the appropriate box to the right</i>		SD	D	A	SA	NA
1	I feel safe during my practice.					
2	My coach teaches key safety issues within my sport.					
3	My coach has asked me or my parent for information related to safety such as: telephone number in case of emergency, allergies, medication I take, or any special health problem I may have.					
4	My practices always start and finish on time.					
5	I feel the practices are organized.					
6	I am active most of the time during the practices.					
7	The equipment is always available and ready to use.					
8	At the beginning of the practice, my coach tells me what I will be doing and why.					
9	I have enough time to practice my skills and I am told what I need to do to improve.					
10	I find the explanations and instructions clear.					
11	I receive positive feedback on mistakes that I make.					
12	I feel that I have improved because of the instruction I have received.					
13	There is use of demonstrations when learning a skill.					
14	My coach uses respectful language when talking to me and others.					
15	I am given an opportunity to respond to questions and reflect on my performance.					