



Basic Coaching Level Jump Rope/ Rope Skipping Combine Coaching Course Registration Information

Dates and Timeline:

Registration starts: 1 December 2024

Registration and payment period: 1 December 2024 to 1 January 2025

Notification of Enrolment: 2 January 2025

Face to Face Theory, Technical Course and Assessment period: 4 Jan 2024.

Venue: TBA

Fees: SGD180.00

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 Basic Coaching Course will be held on **4 January 2025**. Registration for the course will be open from 1 December 2024 to 1 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 basic jump rope skills to participants.

Course Content:

The integrated programme consists 3 main components.

1. Theory Modules
2. Technical Modules
3. Course Assessments

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

Course prerequisites:

1. Minimum 18 years old
2. Physically and medically fit



Basic Coaching Course:

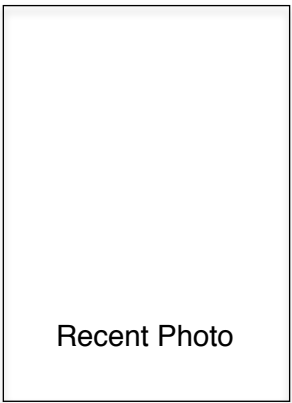
Date: **4 January 2025** 9am to 5pm

Venue: Singapore Jump Rope Academy Pte Ltd

This course is to ensure that participants have already obtained basic knowledge and technical skills in regards to the sport of jump rope.

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.)



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: _____

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.

Signature / Name of Applicant (as in NRIC)

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

In case of emergency:

Contact Person/Next-of-kin: _____

Relationship: _____

Contact number: _____