

**A13**  
 (Criteria 4.1)

**Activity Coach Information**

## British Cycling Activity Coach Award

*The British Cycling Activity Coach Award is the entry-level award into the British Cycling Coach Education Programme and aimed at people new to coaching and/or cycling. This new award, officially launched in January 2003, focuses on producing a competent coach who can promote the benefits and joy of cycling, and appropriate skill acquisition through quality coaching of riders at the grass roots level. The work of coaches at this level will be vital in ensuring that everyone involved in cycling at the grass roots level has a positive and enjoyable experience, therefore contributing to the ongoing future and success of cycling in Britain. Coaches completing the Activity Coach Award will be qualified to conduct cycling activity sessions independently within a club environment.*

The Activity Coach Award is aligned to the Level 2 National Occupational Standards for Coaching, Teaching and Instructing as defined by SPRITO, which means the qualification is nationally recognised.

### About the Course

The Activity Coach Award course is interactive and involves discussion, presentations and most importantly practical coaching experiences. The course will introduce you to the basics of coaching and cycling techniques and equipment. It is a prerequisite that you have a first aid certificate. Therefore, you must submit written evidence confirming you have completed an appropriate first aid course (i.e. a copy of your valid first aid certificate) when enrolling to attend a course.

The course includes three days of training, spread over a period of two weeks, home study and assessment. On successful completion of the three days you will then embark on a period of practical coaching experience, consisting of a coaching diary.

The award will include:

- **Understanding Cycling Techniques** – it is vital that coaches understand the principles of cycling techniques. This module will introduce the basic and intermediate cycling techniques.
- **Planning, Delivery and Evaluating Coaching Sessions** – learn how to effectively plan, deliver and evaluate cycling sessions.
- **Improving Rider Performance** – one of the key roles of a coach is to coach riders to improve their performance. To successfully undertake this role it is vital that coaches understand the principles and method of teaching as well as how to analyse and observe techniques and skills.

- **Introduction to Cycling Equipment**– learn about the basics of cycling equipment including bikes, clothing, protective equipment and accessories and how they might affect the rider. Also learn the principles for setting a general riding position.
- **Coach in Action** – gain an invaluable insight and introduction to sports coaching. The module will include essential material to help you become a better coach, such as the principles and process of coaching, how to coach, and the skills and knowledge needed by coaches.
- **Working with Children** – coaching children can be a rich and satisfying experience. It is also a tremendous responsibility. The module concentrates on the facts you need to know about the physical and mental development of children. It describes the influence you can have and the influence of other people: parents, teachers, sports officials and other children. It gives practical guidelines for managing skills training and dealing with mistakes and bad behaviour.

- **Good Practice and Child Protection** – people who work with children on a regular basis in a sport situation may be able to provide an important link in identifying a child who has been or is at risk of being harmed. This module offers a practical guide for all those involved in children's sport. It aims to increase awareness of child abuse, help people to recognise the signs of abuse and deal sensitively and effectively with the issue should it arise. It also prompts those involved in children's sport to review their practice to ensure that sport provides a positive and enriching experience for children and that their behaviour is always above reproach. This module also discusses good coaching practice, which is important to coaches at all levels. Coaches are encouraged to assess their own coaching practice against the sports coach UK Code of Conduct for Sports Coaches and the British Cycling Policy and Procedures for the Protection of Children and Vulnerable Adults.
- **Improving Coaching Performance** – coaching is not just about improving rider performance – development of the coach is also important. This module looks at assessing your coaching strengths and weaknesses and creating a personal action plan for your development.
- **Practical Coaching Assessment** – as part of the assessment, participants will be asked to prepare, deliver and evaluate a coaching session with a small group of cyclists.
- **Practical Coaching Experience** – on successful completion of the course, and provided the participant meets any other pre-requisites such as a current first aid certificate, they will then be able to commence their practical coaching experience as a Trainee Coach. This experience will be documented in a coaching diary and then submitted to British Cycling Coaching and Education for assessment.

On day 1 you will be given a pack containing all of the resources used during the course. There is then a 2 week period, which allows you to complete home study and assessment modules before returning for days 2 and 3. On day 3 there will be some outdoor work and you are asked to dress in suitable clothes and bring waterproofs. You will also need to bring your bike, if convenient.

At the end of day 3, providing you have passed the theory and practical assessments, you should leave the course being able to begin your practical coaching experience as a Trainee Coach. The British Cycling National/Regional Coaching Officers can help to identify coaching opportunities for Trainee Coaches, if required. Trainee Coaches will then be able to complete the required practical coaching experience, which needs to be logged in the provided coaching diary. Once completed, the diary should be submitted to British Cycling Coaching and Education for assessment and comment. Assuming they are acceptable, Activity Coach status will be awarded.

The cost of the course is £210, which covers the three days of training, including theoretical and practical assessment; all coaching resource materials; lunch and refreshments on all three days. Please note that first aid training is not included in the cost. If you are concerned about funding, there are a number of grants and funding opportunities available.

### **Accredited Prior Learning**

If you have covered some of the Activity Coach modules previously, you may apply for Accredited Prior Learning (APL) or Accredited Prior Experiential Learning (APEL). APL and APEL are available to all candidates, although British Cycling Coaching and Education must agree this prior to the course. You will also have to provide satisfactory written evidence that all of the learning outcomes have been met. Full APL and APEL guidelines and a list of outcomes are available from Coaching and Education.

### **Keeping Your Qualification Valid**

Once you have gained your Activity Coach Award, you will need to remain a British Cycling member to benefit from the insurance package and to retain a valid Coaching Licence. You will also need to keep your first aid qualification up to date.