

A14 (Criteria 4.1)

Club Coach Information

British Cycling Club Coach Award

The focus of the British Cycling Club Coach Award is the traditional club coach – someone who coaches a group or individuals at club level. The Club Coach Award is generic and relevant to all cycling disciplines. Courses are open to any British Cycling member, from the interested parent, teacher and past or present riders through to the sports science graduate who wants to know more about coaching practice.

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

About the Course

The course is informal and interactive and is delivered through discussion and practical application. The course will provide you with an opportunity to reflect on your current practices and knowledge and consider how you can develop in the future.

It is a pre-requisite that you have a first aid certificate. Therefore you are required to 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 Club Coach Award course.

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

On day 1 you will be given a pack containing all of the resources used during the course. There is then a 4-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. Lunch and refreshments will be provided on all three days.

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 a

coaching diary, as well as the applied coaching paper*. Once both parts of the practical coaching experience are completed, they should be submitted to British Cycling Coaching and Education for assessment and comment. Assuming they are acceptable, Club Coach status will be awarded. If this is not the case, the Trainee Coach will be asked to provide further evidence prior to the award of Club Coach status.

* existing coaches (i.e. Coaches possessing an ABCC or BCCA Club/Senior Coach qualification that have completed the British Cycling Club Coach course) are not required to complete the applied coaching paper.

The cost of the course is £250, 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 Club Coach modules previously, you may apply for Accredited Prior Learning (APL) or Accredited Prior Experiential Learning (APEL). Both 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 or you can download them from the British Cycling website: www.britishcycling.org.uk

Keeping Your Qualification Valid

Once you have gained your Club 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.

The Club Coach qualification is valid for 3 years (assuming all other requirements are met, e.g. first aid qualification). However, in recognition of the length of time that existing coaches (registered with Coaching and Education) have to update their award with British Cycling, all those gaining the qualification have an extended period - until 31 December 2005 – for which their award is valid.

Beyond this time, and on a 3 year basis for all those gaining their Club Coach qualification from 2003 onward, coaches will need to undertake a small amount of additional training (continuing professional development), to retain a valid qualification. This additional training will be designed to meet the needs of the coaches and the Coach Education Programme and may involve a combination of short updating/education sessions, practical coaching hours and/or progression to the next level course. When completed, this will validate your qualification for a further 3 years.