



NCAS CycleSkill Coach Training Program Information

The NCAS CycleSkill Coach Training Program (CS) has been developed by Cycling Australia in line with the 'Australian Sports Commission (ASC) Guidelines for the Design and Registration of NCAS & NOAS Accreditation Programs'. This training program provides coaches with opportunities to learn, to study and be assessed for both the theoretical and practical aspects of coaching children and beginner adult cyclists.

The CS is accredited on the National Coaching Accreditation Scheme (NCAS) and, as a result, it is a nationally recognised training program and directly linked to the ASC Coaching and Officiating Unit standards for coaching.

Introduction

The CS is a Training Program aimed at people who want to coach children and beginner level adult cyclists to develop and advance their cycling skills. The training program addresses generic coaching principles and its application to CS coaching, and teaches coaches how to nurture and develop CS riders. The accreditation allows you to independently plan and evaluate coaching sessions for CS riders. The work of coaches at this level is vital in supporting those new to the sport and existing cyclists.

Pre-requisites

Prospective coaches are required to:

- be at least 16 years of age
- be a financial member of Cycling Australia (CA), BMX Australia (BMXA), or affiliated with CA through Mountain Bike Australia (MTBA)
- hold a First Aid Certificate
- have a valid background check, relevant to your state/ territory (if coaching children).

The Aims of the Training Program

The training program aims to provide coaches with an introduction to the coaching of cycling, and the planning, implementation, analysis and revision of CS coaching sessions. This is achieved through an understanding, and the application of the underpinning knowledge of the NCAS Accreditation Program specific to cycling.

Training Program Objectives

At the successful completion of the CS Training Program, the coach will be able to:

- Explain the roles and ethical responsibilities of the coach.
- Develop strategies to work effectively with parents and other stakeholders.

- Plan and review coaching sessions for beginner level riders.
- Assess and manage the risks of coaching and provide a safe environment for cycle skill development.
- Safely conduct a skill development session, ensuring fun and maximum participation through games and activities.
- Utilise a range of communication, teaching and behaviour management strategies to help riders learn basic skills and tactics.
- Inspect and identify the functional road worthiness of a bicycle.
- Identify current level of skill and provide activities to progressively develop those (basic cycle) skills.
- Teach participants: to inspect and identify the functional road worthiness of a bicycle, to optimise bicycle and helmet fitment and to perform basic cycle

The Training Program

The CS is an interactive and practical course that introduces you to the basics of coaching and cycling techniques and equipment.

Module Outlines

The training program is composed of nine mandatory modules:

- **Introduction:** an introduction to the training program, its demands and resources, and the remit of the CS coach.
- **The Role of the CS coach:** an introduction into cycling and the history of cycling, plus an outline of the roles of the CS coach, explaining what is expected of the CS coach.

- **Planning & Reviewing a Session:** including how to link and progress CS coaching sessions, and the importance of planning, goal-setting and evaluating.
- **Managing Risk:** identify the safety requirements relating to the cycling environment, and outline how to maintain a safe coaching environment.
- **The Coach in Action:** group organisation, group behaviour, athlete development & growth, communication and game sense.
- **Bike Equipment & Bike Set-up:** identify bike, helmet and clothing appropriate for cycling, as well as performing the correct set-up of a bike for the needs of a rider.
- **Basic Cycle Skills: Evaluation and Development:** an opportunity to coach in the CS coaching environment, including conducting a risk assessment of the coaching environment, setting a general riding position, and conducting a group cycling coaching session.

Assessment

Assessment of the CS has several components:

- There is one observation of practical coaching - on the training program
- Observation of bike and helmet fit
- Assessment of risk assessment of the coaching environment
- Written assessment tasks – tasks are completed during the training program, and as home study following the completion of the training program.

You are asked to bring a helmet and a bike (which is in good working order) and to dress in suitable and comfortable clothing for coaching.

The training program is one day of face-to-face training that includes discussion, presentations and workshop activities, as well as the Practical Coaching module. At the start of the training program, you will receive all of the resources and documents that you need during the training. You will receive feedback on your progress throughout the course and will be encouraged to develop a personal coaching action plan.

On successful completion of the day, you will then embark on a period of self-directed learning and written assessment tasks.

Self-directed learning and written assessment tasks

You will be required to complete some home study learning and a number of written assessment tasks. The assessment tasks must be completed within three months of attending your program of training. Support is available to help you understand and complete your home study tasks. If you have any questions regarding these tasks, you are encouraged to contact Cycling Australia or your Training Program Presenters.



Recognition of Prior Learning/Current Competence

If you have covered some of the knowledge content of the CS modules previously, you may apply for Recognition of Current Competence (RCC) / Recognition of Prior Learning (RPL). This will mean that you bypass one or more of the course modules.

You will have to provide satisfactory written evidence that all of the learning outcomes (of the relevant module) have been met. Details of the RCC application process, full RCC guidelines and a list of outcomes are available from Cycling Australia.