



the tony blair sports foundation

Level 2 Certificate in Coaching Cycling

Who should go on the course?

The Level 2 Certificate in Coaching Cycling is aimed at competent cyclists aged 18 or over who are new to coaching.

How long will it take?

This is a 3-day course, with about eight weeks between days 2 and 3.

What will I learn?

The course covers a wide variety of modules that will help you to begin coaching. A large part of the course is made up of practical activities, to help you learn through experience. You will have an opportunity to deliver cycling techniques to other participants on the course using a variety of fun games to develop each other's knowledge of what to coach and how to coach.

Topics covered include:

- Cycling Safety
- Analysing Cycling Techniques
- Improving Rider Performance
- Delivering Coaching Sessions
- Planning Coaching Sessions
- Safeguarding and Protecting Children and Code of Conduct
- Planning a Series of Sessions
- Cycling Equipment
- Improving Your Coaching

What will I be able to do?

This certificate enables you to independently plan, deliver and evaluate a series of cycling activity sessions to groups of beginner and intermediate level children and adults.

How much will it cost?

£197.50 per person*

*This fee is 50% of the usual course fee of £395 per person

NB Coaches are required to supply their own bike and helmet for taking part in the 'Cycling Techniques' module. Bikes used in the session should be in good working order and be capable of performing a range of basic skills.

Also required are:

- a valid 1 Day Emergency First Aid Certificate
- an appropriate level of coaching insurance that provides at least the same level of cover as that provided by British Cycling membership (gold or silver)
- a valid enhanced CRB check