



Westcroft Triathlon Club Activators and Coaches

Westcroft Tri Club is a thriving community club looking to support our existing members and attract new people into our club and introduce them to the wonderful sport of Triathlon. We are an inclusive club and cater for all abilities with welcoming training sessions aimed at supporting a wide range of goals and abilities. We also have a very active social and events calendar.

We have a growing club with a membership and potential members who come with a diverse set of needs across a range of ages (Junior 7-17 and Adult 18-88! Sections), abilities (from beginner to GB Age Grouper, Sprint to Ironman), and ambitions (purely social to podium pursuers).

We need coaches who are able to support those diverse needs and we want our coaches to represent the diversity in our club and the wider community. So, whatever your level of ability, our club will support you by paying for your training and giving you ongoing development.

Becoming a coach is not only a great way to help members develop their abilities across all disciplines – it's also a chance to develop yourself personally as well.

We have opportunities for Coach Activators, Level 1 coaches, and Level 2 coaches. Note that for all these positions you will need to get a **Disclosure and Barring Service (DBS)** check and complete the **BTF Safeguarding online course** in order to start supporting sessions. (you may shadow a coach beforehand as described below to see if it's the right step for you)

Coach Activators;

Prerequisites: This is an entry level into BTF coaching. We recommend you shadow a coach for a month to see whether you have the energy, enthusiasm, and inclination to support sessions before taking the activator course. In order to support sessions, you will need to get a **Disclosure and Barring Service (DBS)** check and a **BTF Safeguarding online course**.

Training: All sports need inspirational individuals who motivate people to take part and stay involved in sporting activity. We will pay for you to attend a one-day training workshop that is practically oriented, focusing on developing the skills to organize and lead group training runs and cycle rides, support coached club sessions and cultivate connections to the sport of triathlon within local clubs and communities. There is no formal assessment or exam.

Coaches:

What we offer all Level 1 and 2 coaches:

We offer a lot to our coaches – because we value what our coaches give in return to the club. In return we ask for your commitment to deliver at least 3 coaching sessions a month going forward. This is an average, and when you have holidays or other commitments then we will arrange alternative cover.

As well covering the cost of your coaching course, we will also support all coaches with;

- **Free** First Aid and Coach Skills Development continuing development.
- **Free** BTF Coaches T-shirt.
- **Free** Westcroft Triathlon Club membership.
- **Free** BTF Coach membership.

Level 1 Coaches:

Level 1 Prerequisites: The level 1 qualification will allow a coach to lead and deliver pre-planned sessions in a range of club environments. We recommend you **shadow a coach over two months before committing** to the course to be sure it's the right step for you and to **make sure the club is right to invest £350 in the course fees.**

Level 1 Coach Training: Level 1 coaches are the main stay of our coaching team. Delivering the majority of our coaching sessions. The Level 1 qualification will enable you to gain the knowledge to adapt sessions to meet the needs of a variety of participants. It has been specifically designed to provide a supporting and engaging environment for developing the fundamentals of coaching the sport, to equip you with the necessary skills and resources to start coaching. You'll undertake;

- A series of interactive webinars to cover the theory of the course.
- A face-to-face practical coaching weekend comprising a practical assessments, personal review, and action planning.
- Home study of around 10-15 hours over 3-4 weeks (including some pre-course work). Learners with limited triathlon experience may require some extra reading time (3-5 hours).

Level 2 Coaches;

Level 2 Prerequisites: The level 2 qualification is intended for **established coaches** looking to expand their knowledge and take more responsibility in triathlon coaching. The knowledge gained from completing this qualification will allow you to develop an understanding of safe, ethical, and effective triathlon coaching and to plan, deliver and evaluate triathlon related activities to groups of children and/or adults in any of the coaching environments, including coaching in open water environments.

We recommend you deliver as a Level 1 coach for a year or two before committing to the course to be sure it's the right step for you and to make sure the club is right to invest **£540 in the course fees.**

Level 2 Training: Please be aware that the Level 2 course is much more in depth than the level 1. It involves about 30 hours of interactive webinars, directed learning and a face-to-face practical coaching weekend comprising of practical assessments, personal review, and action planning. You will then have a final assessment submitted by video and a personal review. This training will be spread over half a year and is supplemented by 40-60 hours of home study plus practical session delivery that can be built into your Level 1 coaching duties. You'll learn how to:

- Understanding and analyzing athletes.
- Planning a series of sessions.
- Working with a range of ages, abilities and aspirations.
- Coaching safety including open water swimming.
- Learners will have access to an online resource (Learning Hub) with the technical components of the sport across swim, cycle, run and transitions.

If you are interested, or have any questions about this please contact the Head Coach, Simon Bailey, our coaching coordinator, Eli Nippard or the Junior Coach Lead, Angela Smith.