

Overview | Triathlon Club/Community Coach Training Program

The Triathlon Club/Community Coach Training Program aims to provide coaches with an introduction to the basic principles of skills-based triathlon coaching.

This training program is designed to educate and develop coaches so that they can provide a safe, ethical, enjoyable, skills based triathlon activities children/novice triathletes.

The structure of the training program provides coaches with opportunities to learn, study and be assessed for both the theoretical and practical aspects of basic skills-based triathlon programs.

The Triathlon Club/Community Coach Training Program has been developed by Triathlon Australia in line with the Australian Sports Commission (ASC) National Coach Accreditation Scheme Guidelines and is directly linked to the ASC Coaching and Officiating Unit standards for coaching, as a result, it is a nationally recognised coaching accreditation.

Introduction | Triathlon Club/Community Coach Training Program

The Triathlon Club/Community Coach Training Program aims to develop coaches capable of providing safe, fun, engaging skills-based triathlon training that maximises the participation and inclusion of, and is appropriate for, the children/novice triathletes.

The training program addresses generic coaching and its application to triathlon coaching, and teaches coaches how to nurture and develop beginner triathletes. The accreditation allows coaches to plan deliver and evaluate basic skills-based triathlon activities for children/novice triathletes. The work of coaches at this level will be vital in supporting new, novice triathletes through skills-based triathlon programs.

The Triathlon Club/Community Coach Training Program consists of three [3] components [click for details]

1. [Triathlon Club/Community Coach Pre Course Online Learning](#)
2. [Triathlon Club/Community Practical Coaching Course](#)
3. [Triathlon Club/Community Practical Coaching Assessment.](#)

Upon successful completion of all three [3] components of the Triathlon Club/Community Coach Training Program, coaches will be recognised as “Accredited Triathlon Club/Community Coach”.

The Triathlon Club/Community Coach Training Program is delivered by the State/Territory Triathlon Associations [STTA] on behalf of Triathlon Australia.

Pre-requisites

Candidates are required to:

- Be at least 16 years of age
- Be a financial member of Triathlon Australia [TA]

Objectives | Triathlon Club/Community Coach Training Program

At the completion of the Club and Community triathlon coach training program, the coach will be able to:

- Explain the roles and ethical responsibilities of the coach of novice level triathletes, including children.
- Develop strategies to work effectively with parents, officials and club/school/sports administrators.
- Plan and review training sessions for novice level triathletes, including children.
- Assess and manage the risks of coaching novice level triathletes, including children.
- Safely conduct a triathlon training session, ensuring fun and maximum participation through games and activities.
- Utilise a range of communication, teaching and behaviour management strategies to help novice triathletes, including children, learn basic skills and tactics in each of the three triathlon legs - swim, bike, run - and transitions.
- Cater for the physical and social development of novice level triathletes, including children.

Triathlon Club/Community Practical Coaching Pre Course Online Learning

Candidates registered for a Triathlon Development Coach Training Program will be required to successfully complete in the following online education courses prior to attending the Triathlon Development Practical Coaching Course. Certificates of Completion are generated upon successful completion of each course.

- Community Coaching General Principles Online Course | Australian Sports Commission
- Child Protection Online Course | Play by the Rules
- Harassment & Discrimination Online Course | Play by the Rules
- Triathlon Club/Community Coach Online Course | Triathlon Australia

Triathlon Club/Community Practical Coaching Course [1-day face to face]

The Triathlon Club/Community Coach Training Program is an interactive and practical course that introduces beginner coaches to the basics of skills-based triathlon activities.

Candidates will be required to successfully complete the Triathlon Club/Community Practical Coaching Course, which combines both theory and practical components of the following 6 mandatory modules.

Modules Triathlon Club/Community Coach Training Program	
1	The Role of the Coach
2	Planning & Reviewing
3	Risk Management
4	The Coach in Action
5	Swim, bike, run, transitions [SBRT] *
6	Athlete Development

* Key messages from other modules will be reinforced in 5 - Swim, bike, run, transitions [SBRT] and during the practical coaching course.

Prior to and during the coaching course, you will receive all of the resources and documents that you need during the course. You will receive feedback on your progress throughout the course and will be encouraged to develop a personal coaching competency.

Throughout the Triathlon Club/Community Practical Coaching Course candidates are required to participate in some swim, bike, run & transition activities with group discussion, small group and practical activities. These activities are conducted during the Triathlon Club/Community Practical Coaching Course in order to develop their ability to effectively conduct practical coaching tasks.

The participation in these practical coaching activities is aimed at formally assessing the candidate's ability to articulate key concepts and to contribute to activities conducted during the coaching course (thus develop/demonstrate key triathlon club/community coaching competencies). These formal assessments are used as both a learning and assessment tool throughout the Triathlon Club/Community Coach Training Program.

Candidates are requested to dress in clothing suitable for triathlon specific practical activities [SBRT swim, bike, run, transition] and the weather, including wearing appropriate footwear. You will require a helmet and a road bike (which is in good working order and safe for participation in the cycling sessions).

Triathlon Club/Community Practical Coaching Course Assessment

Candidates for the Triathlon Club/Community Practical Coaching Course will embark on a period of self-directed learning, written assessment tasks and practical triathlon coaching.

These assessments must be completed prior to or during attendance at the Triathlon Club/Community Practical Coaching Course.

Workbook | Triathlon Club/Community Coach

[Completed pre course]

The workbook is aimed at assessing candidates' required knowledge and comprehension of the specifics of the sport of triathlon and coaching general principles.

Session Plan | Triathlon Club/Community Coach

[Completed pre course]

Candidates are required to develop a written session plan for a mini skill training session of at least 15 minutes duration appropriate for the needs of children/novice level triathletes.

This session plan will be delivered and assessed at the Triathlon Club/Community Practical Coaching Course. Candidates can use the information from the online learning to help complete this task.

Practical Coaching Experience Log | Triathlon Club/Community Coach **[Completed pre course]**

Candidates are required to undertake a minimum of 7 hours of assisting and conducting coaching sessions for children/novice triathletes under the guidance of a coaching mentor and recorded in the Practical Triathlon Coaching Logbook.

This experience of practical triathlon coaching will assist in the preparation and development of the candidate's ability to effectively and competently conduct practical triathlon coaching sessions such as the Practical Coaching Competency Assessment

Practical Coaching Competency | Triathlon Club/Community Coach **[Completed during course]**

The practical coaching assessment task requires candidates to "Teach in small groups [2-4 dependent of course numbers] a specified skill to a group of children/novice level triathletes". In order to complete the task, candidates must plan, prepare, conduct and review a mini skill training session of at least 15 minutes duration appropriate for the needs of children/novice level triathletes. Training program coordinators may help determine which skill will be taught, depending on facilities available.

Support is available to help you understand and complete these assessments. If you have any questions regarding these assessments, you are encouraged to contact your Triathlon Club/Community Coach Training Program Coordinator.