

# The Role of the Coach

The coach uses their skills and expertise to deliver safe, fun and challenging activities for club members. They will plan, deliver and evaluate their coaching practise and undergo a programme of continuing professional development.

## Duties

- Provide a structured coaching programme within the club.
- Organise a programme of club training and coaching sessions.
- Utilise British Cycling coaching resources to enhance the coaching programme.
- Ensure that the British Cycling recommendations for coach to rider ratios are not exceeded.
- Show commitment to further development and outreach work, supported with professional development of coaches within the club.
- Ensure his/her availability for evening and/or weekend coaching sessions.
- To assist with team selection where appropriate.
- To monitor, evaluate and feedback on rider and team performances.
- To contribute to coach development within the club.
- To attend competitions with team and/or riders.
- To ensure that knowledge, skills and qualifications are kept up-to-date.

## Skills

- Hold an appropriate coaching qualification.
- Good knowledge and understanding of the sport.
- Good organisational skills.
- Confident, with good leadership skills.
- Ability to communicate with groups or individuals.
- Enthusiastic and a good motivator.
- Hold a current British Cycling Coaching License, professional indemnity insurance and DBS check.
- Have an understanding of child protection and safeguarding policies.

## Commitment to the Club

The club would like you to plan and deliver weekly/bi-weekly structured coaching sessions in addition to accompanying and supporting teams at competitions.

It is also important to attend committee meetings held every quarter so that you can advise the club on appropriate coaching activities.

## The Club's Commitment to You

By accepting the role of coach, the club will provide the opportunity to increase your skills and confidence in operating as a coach. There are opportunities for further training and resources available to support you.

## Training Opportunities

If you are new to the role and would like some advice, you can utilise the available resources or contact [coaching@scottishcycling.org.uk](mailto:coaching@scottishcycling.org.uk) for advice about how to fulfill your role. You can also ask for advice from other members of your club who have experience coaching different groups of people.

You can also access formal training from British Cycling by attending any of the following courses:

- Level 1 Certificate in Coaching Cycling
- Level 2 Certificate in Coaching Cycling
- Level 2 Discipline specific Certificate in Coaching Cycling
- Level 2 Coaching Riders with Disability Workshop
- Level 3 Certificate in Coaching Cycling (various discipline pathways available)

Sport Coach UK is an organisation responsible for guiding and developing the coaching system. To support volunteer coaches, they deliver workshops that help volunteer coaches to improve their coaching practice. For more information about the courses that are available, please visit [sportscoachuk.org](https://sportscoachuk.org)

### **Supporting Resources**

Scottish Cycling, Sports Coach UK and Club Sport Scotland all provide supporting resources for volunteers. Resources such as PVG checks, volunteer training, posters, session plan templates etc.

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