

## COACHING QUALIFICATIONS OVERVIEW

AWARD	REMIT	TERRAIN	GROUP RATIOS
<p style="text-align: center;"><b>Level 1 Award in Coaching Cycling</b></p>	<p style="text-align: center;">Deliver simple coaching activities to groups of beginner and novice level riders.</p> <p style="text-align: center;">Assist more qualified coaches.</p>	<p>Level 1 coaching sessions must be delivered in a traffic free area. The riding surface should offer predictable grip and traction. Riders must be able to roll over any obstacles without pedalling and with both wheels remaining in contact with the ground at all times.</p> <p>Riders should be able to ride gradients with confidence and ease. The coaching area must not exceed the technical ability of the riders and should be appropriate to the activities outlined in the Level 1 technical syllabus</p>	<p style="text-align: center;">3-15 Riders</p>
<p style="text-align: center;"><b>Level 2 Certificate in Coaching Cycling</b></p>	<p style="text-align: center;">Improve riding technique of beginner, novice and intermediate-level riders</p>	<p>The Level 2 coaching area can progress riders from Level 1 by including gradients that riders can ride with confidence but may challenge their technical and physical ability. The riding surface can also be varied to add unpredictability and technical challenge. The area selected must be appropriate to the level of the riders and activities being coached.</p> <p>Coaching areas may include the use of:</p> <ul style="list-style-type: none"> <li>- closed-road circuits</li> <li>- non-technical off-road terrain</li> </ul>	<p style="text-align: center;">3-20 Riders</p>
<p style="text-align: center;"><b>Level 2 Mountain Bike Coaching Award</b></p>	<p>The primary role of a Level 2 mountain bike coach is to deliver mountain bike-specific coaching sessions to riders. The role of a Level 3 mountain bike coach is to further develop rider performance through personalised training. The remit applies to both Level 2 and Level 3 mountain bike coaches when coaching in the mountain bike-specific environment.</p>	<p>Level 2 and Level 3 mountain bike coaching sessions can take place in areas where mountain bike riding is permitted such as:</p> <ul style="list-style-type: none"> <li>• Forest tracks and parkland</li> <li>• Purpose-built mountain bike trail centres</li> <li>• Mountain bike skills areas</li> <li>• Purpose-built four-cross, BMX or pump tracks</li> <li>• Flat, non-technical areas.</li> </ul>	<p style="text-align: center;">1-8</p> <p style="text-align: center;">1-16 (non-technical terrain)</p>
<p style="text-align: center;"><b>Level 2 Cyclo-Cross Coaching Award</b></p>	<p>Level 2 cyclo-cross coaches can plan and deliver cyclo-cross specific coaching sessions to riders in the cyclo-cross environment.</p>	<p>Level 2 and 3 cyclo-cross coaching sessions can take place in the following areas (where cycling is permitted):</p> <ul style="list-style-type: none"> <li>• parks</li> <li>• country estates</li> <li>• school playing fields</li> <li>• other venues typical of cyclo-cross events</li> </ul>	<p style="text-align: center;">1-20</p> <p style="text-align: center;">1-30 with two coaches</p>