

Developed in partnership with British Triathlon



# 1st4sport Level 2 Triathlon Coach

Qualification Specification



## About Us

Welcome to 1st4sport, established in 2000, 1st4sport Qualifications are an industry specialist recognised awarding organisation regulated in England by the Office of the Qualifications and Examinations Regulator (Ofqual), in Wales by Qualifications Wales, and in Northern Ireland by the Council for the Curriculum, Examination and Assessment (CCEA) Regulation.

Serving the needs of the sport, physical activity and active leisure industry; our niche status is emphasised through our accomplished people, network of esteemed industry partnerships and our culture of excellence. We have an outstanding reputation; evidenced through the loyalty we receive from our trusted partners, recognised centres and most importantly our learners.

We have a proven track record; offering of valid, value-added, educational solutions and services and outstanding customer care. Our offer includes sector specific qualifications and pathways, and a range of relevant high-performing educational services; underpinned by leading digital solutions. The majority of these are developed and deployed in partnership with governing bodies of sport and other sector specific professional organisations. More than any other awarding organisation, our knowledge of the industry and our continuous cross-sector network enables us to understand the direction of our sector.

Our involvement in shaping our sector has been significant and we continue to be the awarding organisation that partner and representative organisations turn to for guidance on the direction of travel, as appropriate to the needs of our partners, centres, industry employers

**Our Mission:** To deliver excellent educational solutions and value-added services to sport, physical activity and the active leisure industry.

**Our Direction:** We aim to support the ongoing professionalisation of our industry; supporting employment, growth, sustainability and success. We embrace performance, participation and health agendas. Our objective is to continue to support our respected partners, providers and learners.

## Qualification Specification

Title:	1st4sport Level 2 Triathlon Coach
Qualification Overview:	Enables learners to plan, deliver and evaluate a series of linked and progressive triathlon coaching sessions .
Qualification Code:	L2TRIC
Qualification Regulation Number:	603/0404/2
Guided Learning Hours (GLH):	50
Total Qualification Time (TQT):	110
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/09/2016
Qualification Review Date:	31/03/2023
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to become a triathlon coach, activator, technical official or volunteer.
Qualification Purpose:	Prepare for employment in a specific occupational area.

### Who is this qualification for?

The qualification is designed for those who wish to become involved in Triathlon as a coach, and to have responsibility for the ongoing development of participants; it can be used as a progression from the 1st4sport Level 1 Triathlon Coach/1st4sport Level 1 Award in Coaching Triathlon, or as an entry point for coaching, depending on the ability and confidence of the learner. It is directed at learners who have an interest in Triathlon.

### Qualification Progression

The qualification will enable successful learners to progress to a higher level Triathlon coaching qualification. The skills and knowledge developed may also be used to enable learners to progress to other industry-relevant qualifications in coaching sport, physical activity, activity leadership, supporting PE in school sport and sports development.

The qualification sits within a suite of progressive coaching sport qualifications, and supports direct progression onto the 1st4sport Level 3 Certificate in Coaching Triathlon.

This qualification may lead to paid employment or unpaid voluntary roles in coaching Triathlon, either working independently or as part of a coaching team. Other roles that the learner may consider exploring include Activator, Technical Official or Volunteer.

## Entry Requirements

Learners must be a minimum of 18 years old at registration and 18 years old at certification.

## Pre-requisite(s) or other entry requirements

The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification and any barriers that may disadvantage a learner under the Equality Act 2010 are considered and outcomes recorded during the application process.

Prior to registration learners are required to:

- be accurately identified
- be at least 18 years of age
- be able to undertake this assessment in English or Welsh (if available)

## Assessment Methods

The assessment methods used in this qualification are:

- E-Assessment (in 5 of 5 mandatory units),
- Practical Demonstration/Assignment (in 5 of 5 mandatory units)

## Grading Methods

This qualification will be graded Pass / Fail.

## Qualification Structure

Learners must successfully complete all mandatory units to achieve this qualification.

### Mandatory Units

Unit ID	Unit Title	GLH
M/615/2112	Technical coaching requirements for triathlon	10
D/615/2106	Review a series of Triathlon coaching sessions	14
A/615/2100	Deliver a series of triathlon coaching sessions	14
R/615/2104	Plan a series of triathlon coaching sessions	14
F/615/2096	The role of the triathlon coach	18

### Optional Units

There are no optional units in this qualification

### Pathway Units (where applicable)

There are no pathway units in this qualification

<b>Unit Title</b>	Technical coaching requirements for triathlon
<b>Unit Aim</b>	This unit aims to develop the coach's knowledge of the technical coaching requirements for Triathlon.
<b>Unique Unit Number</b>	M/615/2112
<b>Unit Assessment Method(s)</b>	- E-Assessment - Practical Demonstration/Assignment
<b>Assessment Specification</b>	Learners are required to complete tasks on the HUB and the practical demonstration which are inclusive of all assessment criteria. Successful completion will result in the achievement of the qualification.

### Learning Outcome: 1. Understand the role of the triathlon coach

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 describe the role	<ul style="list-style-type: none"> <li>? the role of the fully independent Triathlon coach, its boundaries and adherence to codes of conduct</li> <li>? the responsibilities of the fully independent Triathlon coach when working with others such as leaders, coaching assistants</li> <li>? the importance of being a role model</li> <li>? the Triathlon coaching process of plan-do-review</li> </ul>	

### Learning Outcome: 2. Understand the responsibilities of the triathlon coach

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 describe the responsibilities related to rules and regulations	<ul style="list-style-type: none"> <li>? the overarching legal and Triathlon -specific responsibilities</li> <li>? the Triathlon organisational procedures, responsibilities and liabilities</li> <li>? the rules and regulations of Triathlon to enable the delivery of sessions</li> <li>? the role of Triathlon officials and the positive promotion of these</li> </ul>	
2.2 describe responsibilities related to duty of care	<ul style="list-style-type: none"> <li>? what constitutes acceptable relationships as a coach</li> <li>? the guidelines for safeguarding and protecting the following participant groups, adherence to these and maintaining confidentiality: <ul style="list-style-type: none"> <li>young people and children, including signs and symptoms of abuse</li> <li>adults at risk</li> <li>participants who share protected characteristics</li> </ul> </li> <li>? how to encourage and reward positive behaviour and to respond to discriminatory behaviour, behaving in a fair, consistent and ethical manner</li> <li>? the requirements of the participant group; managing information for and about all types of participants</li> </ul>	

2.3 describe responsibilities related to safe coaching practice	<p>? how to set and agree ground rules</p> <p>? health and safety management, understanding how to:</p> <p>prepare the environment</p> <p>conduct a risk assessment</p> <p>minimise risk</p> <p>put contingency plans in place</p> <p>? emergency procedures; knowing how to follow:</p> <p>correct procedures for dealing with accidents, emergencies and incidents</p> <p>correct procedures for reporting issues</p>	
2.4 describe responsibilities related to inclusive coaching practice	<p>? inclusive delivery of coaching sessions and activities and where to gain information on this</p> <p>? how to communicate, deal with and meet the needs of a variety of participant types:</p> <p>disabled and non-disabled people</p> <p>children/youth/adults</p> <p>those who share protected characteristics</p> <p>? how to assist with meeting the needs of participants who share protected characteristics</p> <p>? recognising that different participants learn in different ways</p> <p>? how different backgrounds and stages of participant development can impact on</p> <p>age</p> <p>skill development</p> <p>emotional development.</p>	

**Learning Outcome: 3. Understand triathlon participants and their development needs**

<b>Assessment Criteria</b> The learner can:	<b>Mandatory Delivery Content</b> The learner will develop an understanding of:	<b>Evidence Requirements</b> The learner is required to complete:
3.1 describe how to engage with and develop a range of participants	<p>? how to gather information about lifestyle, previous experience, and the needs of different participant groups</p> <p>? participants' motivations for taking part</p> <p>? the impact of the participants' background, stage of development and needs on:</p> <p>session management</p> <p>the different ways adults and children learn</p> <p>learning and the coaching environment (beginner vs experienced)</p> <p>training and competition</p> <p>? how to cater for individual needs within group coaching</p>	

<p>3.2 describe how to engage with and develop a range of participants</p>	<p>? how to gather information about lifestyle, previous experience, and the needs of different participant groups          ? participants' motivations for taking part          ? the impact of the participants' background, stage of development and needs on:          session management          the different ways adults and children learn          learning and the coaching environment (beginner vs experienced)          training and competition          ? how to cater for individual needs within group coaching</p>	
<p>3.3 describe the mental and social influences on participation</p>	<p>? how the mental capabilities of participant(s) will influence the content and structure of the session          ? the key methods for improving participant(s):          connection          confidence          concentration          motivation          emotional control          cohesion          ? the concepts of:          skill coordination          motor skill learning          skill acquisition          skill retention          skill transfer          ? the different stages of cognitive, emotional and social development          ? how to develop participants' mental skills in Triathlon          ? how to develop participants socially;          building relationships and rapport with and between participants          develop confidence          self-esteem</p>	



Unit Title	Review a series of Triathlon coaching sessions
Unit Aim	This unit assesses a coach's ability to review a series of Triathlon coaching sessions that meet the needs of participants. The series of Triathlon coaching sessions reviewed will be linked and progressive in nature in order to develop participants' performance within Triathlon.
Unique Unit Number	D/615/2106
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- E-Assessment</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	<p>Learners are required to: (i) complete a series of assessed tasks contained within the HUB (ii) review a minimum of 6 coaching sessions in Triathlon. 4 of the 6 sessions must be linked and progressive, and working with the same group of participants in order to monitor and review any progress made. The additional two sessions will ideally be planned for, and delivered to a different participant to the linked and progressive sessions e.g. adults/youths/ children/disabled/non-disabled. The learner e-portfolio and the practical demonstration are inclusive of all assessment criteria. Successful completion will result in the achievement of the qualification.</p>

**Learning Outcome: 1. be able to plan a series of triathlon coaching sessions**

<b>Assessment Criteria</b> The learner can:	<b>Mandatory Delivery Content</b> The learner will develop an understanding of:	<b>Evidence Requirements</b> The learner is required to complete:
1.1 plan a series of progressive sessions	? understand the principles of producing progressive sessions ? identify aims and objectives of the coaching programme, setting SMART/ tangible goals that have been agreed with participants ? plan a series of progressive sessions with goals that are linked, progressive and consistent with the overall aims of the coaching programme	
1.2 plan activities to meet the aims of the sessions	? understand how individual sessions support the aims of the coaching programme ? identify aims and objectives of sessions, setting SMART/ tangible goals that have been agreed with participants ? plan and prepare sessions that meet the needs of participants from different backgrounds and at different stages of development to include: realistic timings sequences of activities intensity of activities duration of activities specific technical content within activities specific tactical content within activities contingencies	

<b>Unit Title</b>	Deliver a series of triathlon coaching sessions
<b>Unit Aim</b>	This unit assesses a coach's ability to deliver a series of Triathlon coaching sessions to meet the needs of participants. The series of Triathlon coaching sessions delivered will be linked and progressive in nature in order to develop participants' performance within Triathlon.
<b>Unique Unit Number</b>	A/615/2100
<b>Unit Assessment Method(s)</b>	- E-Assessment - Practical Demonstration/Assignment
<b>Assessment Specification</b>	Learners are required to: (i) complete a series of assessed tasks contained within the HUB (ii) deliver a minimum of 6 coaching sessions in Triathlon. 4 of the 6 sessions must be linked and progressive, and working with the same group of participants in order to monitor and review any progress made. The additional two sessions will ideally be planned for, and delivered to a different participant to the linked and progressive sessions e.g. adults/youths/ children/disabled/non-disabled (iii) demonstrate their ability to coach session(s) in the following: (a) 10 mins swimming session (b) 10 mins bike session (c) 10 mins running session (d) 15 mins of final summative session of any of the three disciplines. The learner e-portfolio and the practical demonstration are inclusive of all assessment criteria. Successful completion will result in the achievement of the qualification.

<b>Learning Outcome: 1. be able to deliver a series of Triathlon coaching sessions</b>		
<b>Assessment Criteria</b> The learner can:	<b>Mandatory Delivery Content</b> The learner will develop an understanding of:	<b>Evidence Requirements</b> The learner is required to complete:
1.1 establish a safe coaching environment	? conduct a risk assessment, minimising any identified risks ? organise the setting up of equipment required for the session.	
1.2 prepare the participants for the coaching sessions	? apply the principles of good practice for starting coaching sessions ? provide information to participants on the aims and objectives of sessions, agreeing these with participants ? understand physical preparation and how to deliver warm-ups	

<p>1.3 deliver a series of coaching sessions in line with guidelines</p>	<ul style="list-style-type: none"> <li>? incorporate a variety of coaching styles and techniques in delivery and incorporate:</li> <li>listening to participants</li> <li>motivating participants</li> <li>learning styles of participants (visual, auditory, kinaesthetic)</li> <li>differentiation between participants</li> <li>? cater to a variety of learning styles; balancing instruction, facilitation, demonstration, questions and answers</li> <li>? ensure there is a balance of activities; realistic timings, sequences, intensity and duration of activities within the session</li> <li>? identify participants' needs and modify session plan(s) to meet participants' changing needs</li> </ul>	
<p>1.4 develop technical aspects of Triathlon through the provision of explanations and demonstrations of activities</p>	<ul style="list-style-type: none"> <li>? know how and when to apply appropriate communication methods in the provision of technical guidance</li> <li>? use the principles of skill development in their coaching, selecting correct techniques to developing participants' skills</li> <li>? understand different types of demonstration</li> <li>? provide technical and tactical demonstrations and explanations that are correct</li> <li>? identify and utilise sport or physical activity specific rules and codes</li> <li>? prepare participants for competition.</li> </ul>	
<p>1.5 analyse and provide feedback on participants' performance</p>	<ul style="list-style-type: none"> <li>? understand the principles of analysing participants' performance</li> <li>? observe participants', analyse performance and provide constructive feedback</li> <li>? communicate effectively with participants and show listening skills</li> <li>? support participant(s) in taking responsibility for their own learning.</li> </ul>	
<p>1.6 ensure participants' safety is maintained</p>	<ul style="list-style-type: none"> <li>? manage coaching activities and adapt to maintain safety as required</li> <li>? manage safe use of equipment during the session</li> <li>? manage behaviours by being:</li> <li>positive and challenging</li> <li>encouraging and motivating</li> </ul>	

1.7 conclude the session	<ul style="list-style-type: none"> <li>? apply the principles of good practice for concluding coaching sessions</li> <li>? deliver cool-downs</li> <li>? summarise session outcomes, providing feedback to participants</li> <li>? organise the taking down and storage of equipment used during the session</li> <li>? offer information to participants after coaching sessions</li> </ul>	
--------------------------	--	--

<b>Unit Title</b>	Plan a series of triathlon coaching sessions
<b>Unit Aim</b>	This unit assesses a coach's ability to plan a series of Triathlon coaching sessions to meet the needs of participants. The series of Triathlon coaching sessions planned will be linked and progressive in nature in order to develop participants' performance within Triathlon.
<b>Unique Unit Number</b>	R/615/2104
<b>Unit Assessment Method(s)</b>	<ul style="list-style-type: none"> <li>- E-Assessment</li> <li>- Practical Demonstration/Assignment</li> </ul>
<b>Assessment Specification</b>	<p>Learners are required to: (i) complete a series of assessed tasks contained within the HUB (ii) plan a minimum of 6 coaching sessions in Triathlon. 4 of the 6 sessions must be linked and progressive, and working with the same group of participants in order to monitor and review any progress made. The additional two sessions will ideally be planned for, and delivered to a different participant to the linked and progressive sessions e.g. adults/youths/children/disabled/non-disabled (iii) demonstrate their ability to plan session(s) in the following: (a) 10 mins swimming session (b) 10 mins bike session (c) 10 mins running session (d) 15 mins of final summative session of any of the three disciplines. The learner e-portfolio and the practical demonstration are inclusive of all assessment criteria. Successful completion will result in the achievement of the qualification.</p>

### Learning Outcome: 1. be able to review a series of triathlon coaching sessions

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 review participants' performance	<ul style="list-style-type: none"> <li>? measure participant development</li> <li>? use a variety of evaluation</li> </ul>	
1.2 analyse own coaching practice	<ul style="list-style-type: none"> <li>? understand the principles of self-reflection</li> <li>? utilise feedback from others</li> <li>? identify personal development needs</li> <li>? gain valid feedback on own performance from participants and others</li> <li>? take responsibility for own development</li> <li>? access continuing personal development (CPD) and develop a personal action plan and mentoring opportunities</li> <li>? participate in continual review</li> <li>? identify career progressions in the sport and the role of others</li> </ul>	
1.3 apply the review of coaching sessions to future planning	<ul style="list-style-type: none"> <li>? review and evaluate the session, using the views of participants and others, and using it to impact on future sessions</li> <li>? agree the outcomes of the review with participants and others, advise them on their development needs and adapt future sessions to reflect needs</li> </ul>	
1.4 review the effectiveness of the series of coaching sessions in sport or physical activity.	<ul style="list-style-type: none"> <li>? review the overall aims and goals of the programme and progress made towards these</li> <li>? use a variety of evaluation methods that can be used to monitor participant(s) development and learning</li> <li>? measure the quality of the coaching experience</li> <li>? measure participant development</li> </ul>	

### Learning Outcome: 2. Technical coaching requirements for Triathlon

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 Identify the key elements of Triathlon skills.	Swimming <ul style="list-style-type: none"> <li>? units for the front crawl stroke, including:               <ul style="list-style-type: none"> <li>? body position</li> <li>? arm action</li> <li>? leg action</li> <li>? breathing.</li> </ul> </li> <li>? variations in each of the unit parts</li> <li>? selected practices and progressions</li> <li>? stroke patterns, length, rate and rhythm, including pace clock and pace control</li> </ul>	

? a knowledge of skill and stroke analysis  
 ? focused observation and analysis techniques and the identification of appropriate coaching points to bring about improvements.  
 Initial orientation, including:  
 ? pool etiquette (pre-entry; entry; use during session; post session; other users)  
 ? use of appropriate equipment:  
 ? to develop body position in the water  
 ? movement through the water  
 ? simultaneous and alternating kicking action  
 Group swimming, including:  
 ? mass-start performance  
 ? control next to another swimmer  
 ? control when surrounded by swimmers.  
 Open water skills (swimming pool only),  
 ? navigation technique  
 ? deep water manoeuvring technique  
 Cycling  
 Mounting and dismounting when:  
 ? stationary  
 ? moving off.  
 Signalling:  
 ? Hands, feet and body position  
 ? Safety issues  
 ? Pedalling technique.  
 Steering:  
 Position of hands, feet and body.  
 Braking:  
 ? when riding in a straight line  
 ? during cornering  
 ? in an emergency  
 ? position of hands, feet and body.  
 Gear selection when:  
 ? ascending  
 ? descending  
 ? in cadence  
 ? position of hands and of body.  
 Cornering:  
 ? approach  
 ? exit  
 ? position of hands, feet and body.  
 Climbing:  
 ? in the saddle  
 ? out of the saddle.  
 Descending:  
 ? body position.  
 Group riding:  
 ? control next to another rider  
 ? control surrounded by riders  
 ? communication  
 ? changing position in a group  
 ? position of hands, feet and body.  
 Safety:  
 ? traffic awareness  
 ? bike, helmet and clothing check  
 ? position of hands, feet, body  
 ? signalling.  
 Running

	<p>Running action, including:</p> <ul style="list-style-type: none"> <li>? position body and feet</li> <li>? arm action</li> <li>? foot contact phase</li> <li>? propulsion phase</li> <li>? recovery phase</li> <li>? forward swing phase</li> <li>? stride patterns, length, rate and rhythm, including pace control.</li> </ul> <p>A knowledge of skill and action analysis.          Focused observation and analysis techniques and the identification of appropriate coaching points to bring about improvements.</p> <p>Group running, including:</p> <ul style="list-style-type: none"> <li>? control next to another runner</li> <li>? control surrounded by runners</li> </ul> <p>changing position in a group.</p> <p>Transitions</p> <p>Transition one, including:</p> <ul style="list-style-type: none"> <li>? selected practices and progressions</li> <li>? safety issues.</li> </ul> <p>Transition two, including:</p> <ul style="list-style-type: none"> <li>? selected practices and progressions</li> <li>? safety issues.</li> </ul> <p>A knowledge of skill and action analysis.          Focused observation and analysis techniques and the identification of appropriate coaching points to bring about improvements.</p>	
<p>2.2 Identify the key coaching points of Triathlon skills.</p>	<p>Swimming</p> <ul style="list-style-type: none"> <li>? units for the front crawl stroke, including:</li> <li>? body position</li> <li>? arm action</li> <li>? leg action</li> <li>? breathing.</li> <li>? variations in each of the unit parts</li> <li>? selected practices and progressions</li> <li>? stroke patterns, length, rate and rhythm, including pace clock and pace control</li> <li>? a knowledge of skill and stroke analysis</li> <li>? focused observation and analysis techniques and the identification of appropriate coaching points to bring about improvements.</li> </ul> <p>Initial orientation, including:</p> <ul style="list-style-type: none"> <li>? pool etiquette (pre-entry; entry; use during session; post session; other users)</li> <li>? use of appropriate equipment:</li> <li>? to develop body position in the water</li> <li>? movement through the water</li> <li>? simultaneous and alternating kicking action</li> </ul> <p>Group swimming, including:</p> <ul style="list-style-type: none"> <li>? mass-start performance</li> <li>? control next to another swimmer</li> <li>? control when surrounded by swimmers.</li> </ul> <p>Open water skills (swimming pool only),</p> <ul style="list-style-type: none"> <li>? navigation technique</li> <li>? deep water manoeuvring technique</li> </ul> <p>Cycling</p>	



Mounting and dismounting when:  
 ? stationary  
 ? moving off.  
 Signalling:  
 ? Hands, feet and body position  
 ? Safety issues  
 ? Pedalling technique.  
 Steering:  
 Position of hands, feet and body.  
 Braking:  
 ? when riding in a straight line  
 ? during cornering  
 ? in an emergency  
 ? position of hands, feet and body.  
 Gear selection when:  
 ? ascending  
 ? descending  
 ? in cadence  
 ? position of hands and of body.  
 Cornering:  
 ? approach  
 ? exit  
 ? position of hands, feet and body.  
 Climbing:  
 ? in the saddle  
 ? out of the saddle.  
 Descending:  
 ? body position.  
 Group riding:  
 ? control next to another rider  
 ? control surrounded by riders  
 ? communication  
 ? changing position in a group  
 ? position of hands, feet and body.  
 Safety:  
 ? traffic awareness  
 ? bike, helmet and clothing check  
 ? position of hands, feet, body  
 ? signalling.  
 Running  
 Running action, including:  
 ? position body and feet  
 ? arm action  
 ? foot contact phase  
 ? propulsion phase  
 ? recovery phase  
 ? forward swing phase  
 ? stride patterns, length, rate and rhythm, including  
 pace control.  
 A knowledge of skill and action analysis.  
 Focused observation and analysis techniques and  
 the identification of appropriate coaching points to  
 bring about improvements.  
 Group running, including:  
 ? control next to another runner  
 ? control surrounded by runners  
 changing position in a group.  
 Transitions  
 Transition one, including:

? selected practices and progressions  
 ? safety issues.  
 Transition two, including:  
 ? selected practices and progressions  
 ? safety issues.  
 A knowledge of skill and action analysis.  
 Focused observation and analysis techniques and  
 the identification of appropriate coaching points to  
 bring about improvements.

<b>Unit Title</b>	The role of the triathlon coach
<b>Unit Aim</b>	This unit assesses a Triathlon coach's understanding of their role and responsibilities and the roles of others, ensuring that their coaching is safe and inclusive.
<b>Unique Unit Number</b>	F/615/2096
<b>Unit Assessment Method(s)</b>	- E-Assessment - Practical Demonstration/Assignment
<b>Assessment Specification</b>	Learners are required to complete a series of assessed tasks within the HUB. These are set by BT/1st4sport and assessed by their assessor.

Learning Outcome: 1. understand the role of the Triathlon coach		
Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 describe the role	? the role of the fully independent Triathlon coach, its boundaries and adherence to codes of conduct ? the responsibilities of the fully independent Triathlon coach when working with others such as leaders, coaching assistants ? the importance of being a role model ? the Triathlon coaching process of plan-do-review	

**Learning Outcome: 2. understand the responsibilities of the Triathlon coach**

<b>Assessment Criteria</b> The learner can:	<b>Mandatory Delivery Content</b> The learner will develop an understanding of:	<b>Evidence Requirements</b> The learner is required to complete:
2.1 describe the responsibilities related to rules and regulations	? the overarching legal and Triathlon -specific responsibilities ? the Triathlon organisational procedures, responsibilities and liabilities ? the rules and regulations of Triathlon to enable the delivery of sessions ? the role of Triathlon officials and the positive promotion of these	
2.2 describe responsibilities related to duty of care	? what constitutes acceptable relationships as a coach ? the guidelines for safeguarding and protecting the following participant groups, adherence to these and maintaining confidentiality: young people and children, including signs and symptoms of abuse adults at risk participants who share protected characteristics ? how to encourage and reward positive behaviour and to respond to discriminatory behaviour, behaving in a fair, consistent and ethical manner ? the requirements of the participant group; managing information for and about all types of participants	
2.3 describe responsibilities related to safe coaching practice	? how to set and agree ground rules ? health and safety management, understanding how to: prepare the environment conduct a risk assessment minimise risk put contingency plans in place ? emergency procedures; knowing how to follow: correct procedures for dealing with accidents, emergencies and incidents correct procedures for reporting issues	

<p>2.4 describe responsibilities related to inclusive coaching practice</p>	<p>? inclusive delivery of coaching sessions and activities and where to gain information on this            ? how to communicate, deal with and meet the needs of a variety of participant types:            disabled and non-disabled people            children/youth/adults            those who share protected characteristics            ? how to assist with meeting the needs of participants who share protected characteristics            ? recognising that different participants learn in different ways            ? how different backgrounds and stages of participant development can impact on age            skill development            emotional development.</p>	
---	---	--

**Learning Outcome: 3. Understand Triathlon participants and their development needs**

<b>Assessment Criteria</b> The learner can:	<b>Mandatory Delivery Content</b> The learner will develop an understanding of:	<b>Evidence Requirements</b> The learner is required to complete:
<p>3.1 describe how to engage with and develop a range of participants</p>	<p>? how to gather information about lifestyle, previous experience, and the needs of different participant groups            ? participants' motivations for taking part            ? the impact of the participants' background, stage of development and needs on:            session management            the different ways adults and children learn            learning and the coaching environment (beginner vs experienced)            training and competition            ? how to cater for individual needs within group coaching</p>	
<p>3.2 describe the physical influences on participation</p>	<p>? the physical capabilities required for, and the basic anatomical and biomechanical demands of, Triathlon            ? the units of physical fitness and how they link directly to Triathlon            ? how to minimise the risk of injury and assist a participant returning from injury            ? the role of the coach in encouraging the pursuit of a healthy lifestyle, including an awareness of:            nutrition            hydration            social and performance-enhancing drugs            the principles of weight management in relation to the sport            ? how the physical capabilities of participants will influence the content and structure of the session</p>	

<p>3.3 describe the mental and social influences on participation</p>	<p>? how the mental capabilities of participant(s) will influence the content and structure of the session          ? the key methods for improving participant(s):          connection          confidence          concentration          motivation          emotional control          cohesion          ? the concepts of:          skill coordination          motor skill learning          skill acquisition          skill retention          skill transfer          ? the different stages of cognitive, emotional and social development          ? how to develop participants' mental skills in Triathlon          ? how to develop participants socially;          building relationships and rapport with and between participants          develop confidence          self-esteem</p>	
---	---	--

## Qualification Conditions: Delivery and assessment requirements

To complete the delivery, assessment, and internal quality assurance of the qualification, providers will be required to adhere to the guidance set out in the Recognised Centre Handbook.

## Qualification Approval Conditions: Workforce requirements

In addition to the workforce requirements stated in the Recognised Centre Handbook, the following qualification specific requirements must be met and evidenced.

### Tutor(s):

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

- hold the 1st4sport Level 1 Award in Coaching Triathlon (QCF), or recognised equivalent
- hold or be working towards a recognised teaching/tutor qualification or have attended a programme of tutor training matched to national standard, which could include an internally designed tutor training program designed by British Triathlon. Tutors/assessors are responsible for the delivery of the learning programme developed by British Triathlon. They must have attended the British Triathlon tutor/assessor training, orientation and CPD events.

Must be evidenced through:

The NGB will provide evidence that the workforce meet the requirements.

### Assessor(s):

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

? hold the 1st4sport Level 2 Certificate in Coaching Triathlon (QCF), or recognised equivalent  
 ? hold or be working towards a recognised teaching/tutor qualification or have attended a programme of tutor training matched to national standard, which could include an internally designed tutor training program designed by British Triathlon.

Tutors/assessors are responsible for the delivery of the learning programme developed by British Triathlon. They must have attended the British Triathlon tutor/assessor training, orientation and CPD events.

Must be evidenced through:

The NGB will provide evidence that the workforce meet the requirements

### Internal Verifier(s) and Quality Assurer(s):

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

- hold the 1st4sport Level 2 Certificate in Coaching Triathlon (QCF), or recognised equivalent
- hold or be working towards completing a recognised Internal Quality Assurance qualification or have attended a programme of internal quality assurer training matched to national standards

They must have attended the British Triathlon IQA training, orientation and CPD events.

## Additional Qualification Requirements

This qualification is regulated by Ofqual (603/0404/2) and QiW (C00/1302/7 - Regulated).

---

UK Coaching  
2 City Walk  
Leeds  
LS11 9AR

T: 0113 274 4802

E: [centreservices@1st4sportqualifications.com](mailto:centreservices@1st4sportqualifications.com)

[www.1st4sport.com](http://www.1st4sport.com)