

Developed in partnership with British Triathlon



1st4sport Level 1 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 1 Triathlon Coach
Qualification Overview:	Enables learners to prepare, deliver and review single triathlon coaching sessions .
Qualification Code:	L1TRIC
Qualification Regulation Number:	603/0402/9
Guided Learning Hours (GLH):	26
Total Qualification Time (TQT):	45
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/09/2016
Qualification Review Date:	30/06/2023
Learner Registration Period:	1 year
Qualification Objective:	This qualification qualifies learners to coaching sessions in Triathlon .
Qualification Purpose:	Develop knowledge and/or skills in a subject area.

Who is this qualification for?

The qualification is designed for those who wish to become involved in Triathlon through coaching individual sessions, rather than linked and progressive sessions, and who are commencing their career pathway. It is directed at learners who have an interest in Triathlon. The 1st4sport Level 1 Triathlon Coach focuses on the role and skills required to be a session coach working in structured and specific environments.

Qualification Progression

The qualification will enable successful learners to progress on to the 1st4sport Level 2 Triathlon Coach. 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 2 Triathlon Coach

This qualification may lead to paid work or unpaid voluntary roles in coaching sessions in Triathlon. Other roles that the learner may consider exploring include Activator, Technical Official or Volunteer.

Entry Requirements

Learners must be a minimum of 16 years old at registration and 16 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 16 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 3 of 3 mandatory units),
- Practical Demonstration/Assignment (in 3 of 3 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
A/615/2078	The role of the triathlon coach	8
R/615/2085	The triathlon coach in practice	8
Y/615/2086	Technical coaching requirements for triathlon	8

Optional Units

There are no optional units in this qualification

Pathway Units (where applicable)

There are no pathway units in this qualification

Unit Title	The role of the triathlon coach
Unit Aim	This unit aims to develop the triathlon coach's understanding of their role and responsibilities. This unit is designed to ensure duty of care through safe and equitable practice as a triathlon session coach.
Unique Unit Number	A/615/2078
Unit Assessment Method(s)	- E-Assessment - Practical Demonstration/Assignment
Assessment Specification	Learners are required to complete a series of assessed tasks within their e-learner portfolio/learner portfolio. These are set by 1st4sport and BTF and are assessed by BTF assessors.

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 identify the key aspects of the role	<ul style="list-style-type: none"> the role, its boundaries and adherence to triathlon codes of conduct the importance of building relationships and rapport with others the ethos of the participant-centred approach the role of the triathlon coach in encouraging the pursuit of a healthy lifestyle the importance of being a role model the triathlon coaching process of plan – do – review how their role as a coach fits into a wider context responsibility of coaches to seek self-development, and take responsibility for their own development 	

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 identify responsibilities related to rules and regulations	<ul style="list-style-type: none"> 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 	

<p>2.2 identify responsibilities related to duty of care</p>	<ul style="list-style-type: none"> • the importance of operating within their own level of competence and experience • what is acceptable in terms of the coach-participant relationship • the triathlon guidelines for safeguarding and protecting the following participant groups, adherence to these and maintaining confidentiality: <ul style="list-style-type: none"> - young people and children, including signs and symptoms of abuse - adults at risk - participants who share protected characteristics <ul style="list-style-type: none"> • the requirements of the participant group, managing resources for all participants including those who share protected characteristics • the requirements of the participant group; managing information for and about all types of participants • the rationale and processes for referring participants whose needs cannot be met 	
<p>2.3 identify responsibilities related to safe coaching practice</p>	<ul style="list-style-type: none"> • general principles of safe practice • health and safety requirements including basic risk assessment • health and safety management; knowing how to: <ul style="list-style-type: none"> - prepare the environment, - conduct risk assessment - minimise risk - put contingency plans in place <ul style="list-style-type: none"> • emergency procedures; knowing how to follow: - correct procedures for dealing with accidents, emergencies and incidents - correct procedures for reporting issues 	
<p>2.4 identify responsibilities related to inclusive coaching practice</p>	<ul style="list-style-type: none"> • inclusive delivery of triathlon coaching activities • coaching participants who share protected characteristics • communicating with a variety of participant types: <ul style="list-style-type: none"> - disabled and non-disabled people - children, youths and adults <ul style="list-style-type: none"> • recognising that different participants learn in different ways • different backgrounds and stages of participant development can impact on triathlon coaching: - age - emotional development - skill development 	

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

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
3.1 identify how to engage with and develop a range of participants	<ul style="list-style-type: none"> participants' motivations for taking part how to manage sessions for different backgrounds, stages of participant development and needs the basics of the C System; focussing on: <ul style="list-style-type: none"> - Connection - Competence - Confidence 	
3.2 identify the physical influences on participation	<ul style="list-style-type: none"> the basic physical capabilities, basic hydration and nutritional requirements for triathlon, and how to minimise the risk of injury how to apply basic hydration and nutrition advice relevant to triathlon and environmental conditions how the physical capabilities of participants will influence the content and structure of the triathlon session the impact of the stages of participant development and how they impact on triathlon coaching practice 	
3.3 identify the mental and social influences on participation	<ul style="list-style-type: none"> how the mental capabilities of participant(s) will influence the content and structure of the triathlon session how to develop triathlon participants socially; building relationships and rapport with and between participant 	

Unit Title	The triathlon coach in practice
Unit Aim	This unit aims to develop the coach's ability to prepare, deliver and review triathlon coaching activities. It also enables the coach to assist with the review of sessions and own practice.
Unique Unit Number	R/615/2085
Unit Assessment Method(s)	- E-Assessment - Practical Demonstration/Assignment
Assessment Specification	Learners are required to demonstrate their ability to prepare, deliver and review triathlon activities in a 15 minute practical coaching assessment (either in their workplace or in a simulated environment). The demonstration must be 15-minutes either in the form of a single session, or a series of shorter micro-session. The coaching activities should focus on triathlon.

Learning Outcome: 1. be able to prepare 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 identify activities to meet participants' needs	<ul style="list-style-type: none"> prepare or liaise with the session's organiser/manager/provider to ensure the session meets the needs of the participants, where appropriate identify and gather information from relevant sources about lifestyle, and the needs of the participant group understand the needs of different groups and individuals know how to apply basic goal setting select a balance of activities to meet the needs of the participant group 	
1.2 prepare a coaching session to meet participants' needs	<p>to meet participants' needs</p> <ul style="list-style-type: none"> prepare or select a balance of triathlon activities to meet the needs of the participant group prepare for triathlon sessions involving realistic timings, sequences, intensity and duration of activities 	

Learning Outcome: 2. be able to deliver 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:
2.1 prepare the coaching environment	<ul style="list-style-type: none"> know how to set up the equipment required for the triathlon session 	
2.2 prepare the participants for the coaching session	<ul style="list-style-type: none"> understand how to set ground rules understand physical preparation and the delivery of warm-ups 	
2.3 deliver a coaching session which meets participants needs	<ul style="list-style-type: none"> apply range of coaching styles; listening to and motivating participants cater to a variety of learning styles; balancing instruction, facilitation, demonstration, questions and answers ensure inclusivity and consideration of participants who share protected characteristics; communicating and listening to a variety of participant types: <ul style="list-style-type: none"> disabled and non-disabled people, children, youths and adults ensure there is a balance of activities; realistic timings, sequences, intensity and duration of activities within the session implement contingency plans and modify plans when needed; ensuring that triathlon sessions are adapted to meet participants' needs in the time available 	
2.4 use technically correct explanations and demonstrations of activities	<ul style="list-style-type: none"> explain relevant technical and tactical requirements of triathlon deliver demonstrations and explanations that are technically and tactically correct 	
2.5 observe participants' performance and provide them with feedback	<ul style="list-style-type: none"> develop participants' skill through coaching triathlon respond to different participants with appropriate approaches to learning understanding the factors that affect the development of participants' triathlon skills analyse performance and give feedback to participants 	
2.6 ensure the participants and others' safety is maintained throughout the session	<ul style="list-style-type: none"> manage the equipment required for the triathlon manage behaviours by being: <ul style="list-style-type: none"> - positive and challenging - encouraging and motivating 	
2.7 end a coaching session	<ul style="list-style-type: none"> deliver cool-downs take down and store the equipment following the triathlon session 	

Learning Outcome: 3. be able to review 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:
3.1 review a coaching session	<ul style="list-style-type: none"> understand how to review and evaluate sessions, using the views of participants and others; understanding how the review outcomes can be used to impact on future triathlon sessions know where to refer participants whose needs cannot be met 	
3.2 review own coaching practice	<ul style="list-style-type: none"> take responsibility for own development develop a Personal Development Plan; identifying types of personal development activities potential career progressions and the role of others. 	

Unit Title	Technical coaching requirements for triathlon
Unit Aim	This unit aims to develop the coach's knowledge of the technical coaching requirements for triathlon.
Unique Unit Number	Y/615/2086
Unit Assessment Method(s)	<ul style="list-style-type: none"> - E-Assessment - Practical Demonstration/Assignment
Assessment Specification	The learner will be assessed on the following ability to demonstrate how to prepare, deliver and review triathlon activities for a duration of 15 minute in the disciplines of either: (i) swimming (ii) cycling (iii) running (including transitions).

Learning Outcome: 1. Be able to coach triathlon

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 Identify the key elements of triathlon skills	<p>Swimming</p> <p>Initial orientation: pool etiquette – pre-entry, entry, use during session, post-session and other users. Use of appropriate equipment to develop: the front crawl stroke with correct</p> <ul style="list-style-type: none"> • breathing • body position, balance and alignment in the water • body rotation • arm action, including appropriate, hand entry, catch, and recovery • appropriate leg kick action <p>Cycling</p> <ul style="list-style-type: none"> • mounting (variety of options) • dismounting (stationary and moving) • cornering • braking • gear Selection and pedalling • group Riding • running with a bike • balance and co-ordination Safety through: • traffic awareness • bike/helmet/ clothing check • position of hands, feet, body • signalling. <p>A knowledge of the skills and techniques and identification of appropriate coaching points to bring about improvements.</p> <p>Running including:</p> <ul style="list-style-type: none"> • equipment and safety <p>running technique (four phases)</p> <ul style="list-style-type: none"> • running drills • skills and techniques and identification of appropriate coaching points to bring about improvements. <p>A knowledge of the skills and techniques and identification of appropriate coaching points to bring about improvements.</p>	
1.2 Identify the key coaching points of triathlon skills		

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 are responsible for the delivery of the learning programme developed by British Triathlon. They must have attended the British Triathlon tutor 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.

The recognised centre is required to recruit and deploy British Triathlon licensed assessors. Assessors are responsible for the assessment of the qualification. Assessors are required to:

- hold the 1st4sport Level 1 Award in Coaching Triathlon (QCF), or recognised equivalent

Assessors are responsible for the assessment of the learning programme developed by British Triathlon. They must have attended the British Triathlon assessor training, orientation and CPD events.

Evidence: initial capability and competence

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.

Internal quality assurers must have attended the British Triathlon IQA training, orientation and CPD events.

Evidence: initial capability and competence

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

Additional Qualification Requirements

This qualification is regulated by Ofqual (603/0402/9) and QiW (C00/1302/6 - Regulated).

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