

SPONSORED COACHING SCHEME



THE
CYCLE
COACH

About

The Sponsored Coaching Scheme provides the opportunity to interested parties who have aspirations of becoming a qualified British Cycling Coach.

Whether you're interested in volunteering or have an ambition to become a qualified British Cycling Coach, The Cycle Coach will provide the necessary support to those who are interested in gaining more knowledge in relation to cycle coaching and achieving a recognised cycle coaching qualification.

The Cycle Coach Sponsorship

The Cycle Coach will sponsor those who are interested in becoming a qualified coach and provide them with the platform to engage and deliver structured sessions.

Level 1 Award in Coaching Cycling

British Cycling's Level 1 Award in Coaching Cycling is the starting point for your coaching journey in cycling. The course covers topics such as your role as a coach, planning and delivering coaching sessions, techniques and skills, equipment, safety and risk assessment.

On completion of this award students will be able to coach the essential cycling techniques to groups of riders.

What does the Sponsored Coaching Scheme include?

The scheme is made up of practical, online and face-to-face learning, supported by mentoring from your British Cycling course tutor throughout. Throughout your learning you will have the opportunity to assist in the delivery of The Cycle Coach coaching programmes.

The British Cycling Level 1 Award involves:

- One day of face-to-face learning with practical activities to experience delivering and participating in coaching sessions
- One day of assessment with practical activities and reflection on your coaching practice
- Online learning with theory assessment.

How much does it cost?

The scheme is 100% funded by The Cycle Coach.

Who can apply?

Anyone who is over 16 years old

e.g. Staff, volunteers, parents, teachers, students

How long will the Level 1 Award take to complete?

5 weeks

SPONSORED COACHING SCHEME



THE
CYCLE
COACH

What do I need to register?

- Valid and current emergency first aid certificate (minimum 6 hours), or equivalent
- Have access to a computer and the internet

Student led sessions

Upon completion of the Level 1 Award, students will be in a position to deliver sessions which will cover the six cycling disciplines and deliver The Cycle Coach programmes without supervision.

Coaching Development

The final part of the scheme will require students to deliver 10 structured coaching sessions (unpaid) from The Cycle Coach timetable. Once the student has demonstrated that they can deliver each one of The Cycle Coach's programmes competently, The Cycle Coach would then like to discuss the opportunity to offer paid coaching work to the successful students.

Useful Links

British Cycling

<https://www.britishcycling.org.uk/coaching>

Further information

For further information please contact our Head Coach **James Hey**:

Email: james@the-cyclecoach.com

Tel: 07954180933