

## Qualification Purpose Statement: 1st4sport Level 1 Triathlon Coach

### Regulation

Qualification details	Qualification title	Qualification No.	Level	GLHs <sup>1</sup>	TQT <sup>2</sup>
	1st4sport Level 1 Triathlon Coach	603/0402/9	1	26	45
	Operational start date	01 September 2016			
	Review date	31 December 2020			
	Registration Period	1 Year			

### Overview

#### Introduction

This qualification is solely awarded by 1st4sport Qualifications as the recognised awarding organisation regulated by Ofqual in England and Northern Ireland and by Qualifications Wales in Wales. The generic coaching content for this qualification has been developed in partnership with sports coach UK (scUK) as the UK's technical agency for sports coaching, and the technical content with British Triathlon Federation, which has worked closely with Triathlon England, Triathlon Scotland and Welsh Triathlon, the technical lead agency for Triathlon in the UK. The qualification content is derived from the National Occupational Standards for Sports Coaching (2014) and the industry's agreed common content for coaching and is directly linked to the UKCC endorsement criteria. This qualification forms part of the British Triathlon Federation's UKCC endorsed coach education programme. It is designed for learners relatively new to coaching who aspire to become a triathlon coach (under 18 will work under supervision and able to deliver independently if over 18 years old). The qualification sits within a progressive suite of triathlon coaching qualifications.

The qualification and its components are listed on the *Register of Regulated Qualifications*; component details are contained in the appendix to this specification. This qualification is equivalent to Level 2 on the European Qualifications Framework (EQF). Further information about the EQF can be found at: [http://ec.europa.eu/eqf/home\\_en.htm](http://ec.europa.eu/eqf/home_en.htm)

<sup>1</sup> Guided Learning Hours. GLHs for a specific qualification are defined as the number of hours of largely face-to-face tuition and assessment on-course; this includes all time spent on course-based learning and assessment activities.

<sup>2</sup> Total Qualification Time. TQT for a specific qualification is defined as the total number of notional hours required to achieve the qualification; this includes the GLHs, plus all off-course directed study time, including any time taken to complete any remote working/research/evidence generating activities.

<b>Objective</b>	<p>This qualification is designed to provide benefit to learners on the basis that it may prepare learners for potential employment or to work on a voluntary capacity as a coach in Triathlon. A level 1 triathlon coach is able to prepare (pre-planned or a signed off session), deliver and review single triathlon coaching sessions. They also are able to lead sessions independently if over the age of 18. Through the completion of the learning programme for this qualification, learners are introduced to the practical and theoretical aspects of planning, delivering and reviewing individual Triathlon coaching sessions. The coach may be involved in the provision of coaching sessions of a more 'drop in' nature than those who are involved in a more traditional sports club environment, and may be meeting the needs of people keen to participate on a more ad-hoc basis.</p>				
<b>Structure</b>	<p>This qualification consists of three mandatory components. Learners must successfully complete all three mandatory components.</p>				
	<b>Component title</b>	<b>Component aim</b>	<b>Accreditation no.</b>	<b>Level</b>	<b>GLHs</b>
	The role of the Triathlon session coach	This component aims to develop the Triathlon session coach's understanding of their role and responsibilities. This component is designed to ensure duty of care through safe and equitable practice.	A/615/2078	1	8
	The Triathlon coach in practice	This component aims to develop the session coach's ability to plan, deliver and review Triathlon coaching sessions.	R/615/2085	1	8
	Technical coaching requirements for Triathlon	This component aims to develop the coach's knowledge of the technical coaching requirements for Triathlon.	Y/615/2086	1	10
<b>Training and assessment</b>	<p>Achievement of the qualification is normally through attendance on a course of training and assessment. The assessment specification requires learners to:</p> <ul style="list-style-type: none"> <li>• complete a series of assessed tasks contained on the BTF e-portfolio or within their learner portfolio, provided by 1st4sport (if required).</li> <li>• demonstrate their ability to coach a triathlon session in a practical coaching assessment (either in their workplace or in a simulated environment). Observed assessment of coaching must cover a minimum of 15 minutes. The coaching session must focus on Triathlon and relate to <i>Technical coaching requirements for the sport</i>.</li> </ul> <p>The learner portfolio and the practical demonstration are inclusive of all assessment criteria. Successful completion will result in the achievement of the qualification.</p>				

Progression	
<b>Entry routes for learners</b>	<p>Prior to registration for the qualification learners are required to:</p> <ul style="list-style-type: none"> <li>• be accurately identified</li> <li>• be at least 16 years of age</li> <li>• be able to communicate effectively in English<sup>3</sup> (this includes listening, speaking, reading and writing).</li> </ul> <p><b>Important Notes:</b></p> <p>It is also strongly recommended that learners have appropriate insurance cover before undertaking any coaching practice. Those working with children will be required to have been positively vetted by the Disclosure and Barring Service (DBS) check.</p>
<b>Exit routes for learners: education</b>	<p>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.</p> <p>The qualification sits within a suite of progressive coaching sport qualifications, and supports direct progression onto the 1st4sport Level 2 Triathlon Coach.</p>
<b>Exit routes for learners: employment</b>	<p>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.</p>
Market and Support	
<b>Target Audience: Learners</b>	<p>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.</p> <p>The 1st4sport Level 1 Triathlon Coach focuses on the role and skills required to be a session coach working in structured and specific environments.</p>

<sup>3</sup> Learners must be able to understand the requirements of, and produce the evidence required for, the qualification and the information within the qualification materials in English without assistance. Where there is demand, this qualification may also be available in Welsh or Irish.

<b>Target audience: centres</b>	The qualification is designed to be delivered through the National Governing Bodies of Sport (NGBS) for Triathlon.
<b>Target Audience: employers</b>	The qualification is designed to support employers in the sport, active leisure and physical activity sector; supporting development pathways of employees and volunteers. Qualified and competent employees and volunteers in this sector support the professionalization of the industry, ensures quality assured services and duty of care to stakeholders.
<b>Alternatives:</b>	<p>There are no direct equivalent alternatives. However 1st4sport Qualifications also award a number of sport-specific qualifications in coaching at Level 1.</p> <p>1st4sport Qualifications award a number of sport-specific qualifications for Level 1 Coaching. A list of our coaching qualifications can be found at <a href="http://www.1st4sportqualifications.com/our_qualifications">www.1st4sportqualifications.com/our_qualifications</a></p>
<b>Support</b>	The qualification is recognised as the industry standard level 1 qualification for Triathlon sessional coaches by sports coach UK and with British Triathlon Federation. The support is focused on the benefits of the qualification for learners, the objective of the qualification and the predicted learner demand. This information was gathered through valid research and consultation with a range of stakeholders including a range of Sport England, British Triathlon Federation, and sports coach UK.