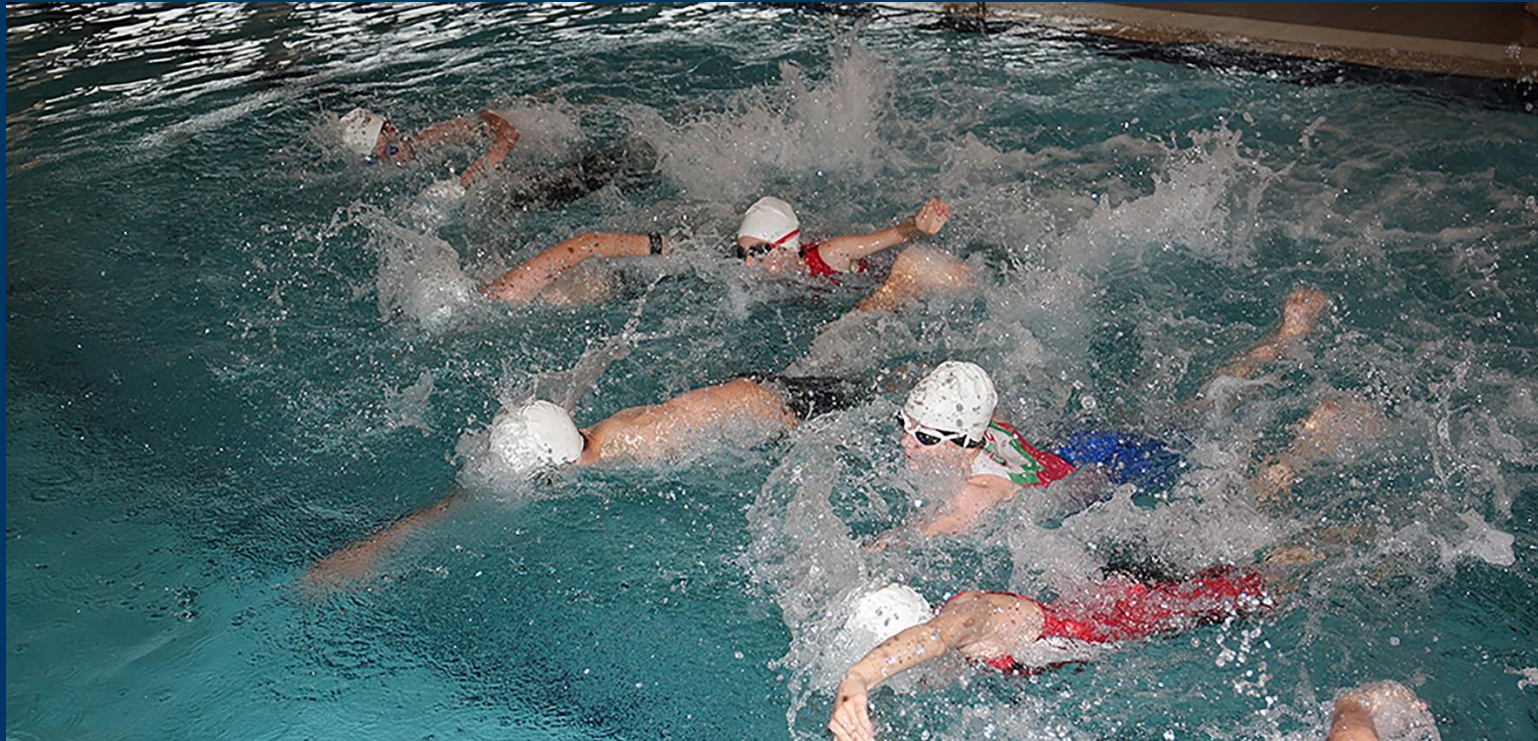


# 1st4sport Level 1 Triathlon Coach



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## Qualification Specification

<b>Qualification Overview:</b>	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.						
<b>Qualification Code:</b>	603/0402/9	<b>Level:</b>	1	<b>Age:</b>	16	<b>Registration Period:</b>	1 year
<b>Guided Learning (GL):</b>	26	<b>Total Qualification Time (TQT):</b>	45	<b>Credit Value:</b>	4	<b>Operational From:</b>	1 September 2016
<b>Progression Opportunities:</b>	Learners who achieve this qualification may choose to progress onto the 1st4sport Level 2 Triathlon Coach qualification, attend CPD provided by the BTF or seek paid work or unpaid voluntary roles in triathlon.						

## Qualification Objective

### What does this qualification cover?

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.

### Who is the 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.

### Who supports this qualification?

The qualification is recognised as the industry standard level 1 qualification for Triathlon sessional coaches by UK Coaching and the 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 UK Coaching.

## Qualification Progression

### What future education could this qualification lead to?

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.

### What future employment could this qualification lead to?

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.

## Qualification Achievement

### Entry Requirements for the Qualification

- be 16 years of age
- be accurately identified
- be able to communicate effectively in English (this includes, listening, speaking, reading and writing)

### How is the Qualification Achieved?

The qualification is achieved via the attendance of a BTF learning programme, completing tasks contained on the HUB and practical demonstration.

### What will be assessed?

Learners must:

- complete a series of assessed tasks contained on the BTF e-portfolio (the HUB) or within their learner portfolio, provided by 1st4sport (if required).
- 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 *Technical coaching requirements for the sport*.

The learner portfolio and the practical demonstration are inclusive of all assessment criteria. Successful completion will result in the achievement of the qualification.

### How will it be assessed?

This qualification contains a range of units to be completed by the learner. Each unit is comprised of a number of learning outcomes and identified assessment criteria to be completed.

Learning Outcomes that begin ‘The learner will **understand...**’ will be assessed through theory based activities.

Learning Outcomes that begin ‘The learner will **be able to...**’ are assessed through practical activities. For example:

Learning outcomes The learner will:	Assessment criteria The learner can:
1 <b>understand</b> how to ensure participants’ safety during sport specific coaching sessions	1.1 describe the health and safety requirements that are relevant to planned sport-specific activities and competition.  1.2 describe how to structure coaching sessions to minimise the risk of injury to participants.
2 <b>be able to</b> prepare resources for the coaching session	2.1 ensure that the identified resources meet the requirements of the activity.

### Qualification Delivery

#### What workforce is needed to be able to deliver this qualification?

The recognised centre is required to have a qualified and competent qualification workforce in place which includes as a minimum.

- a qualification administrator
- a qualification coordinator
- an appropriately qualified tutor/assessor:
- an appropriately qualified internal quality assurer (IQA)

Further information on workforce requirements are available from 1st4sport Qualifications on request.

#### What facilities are needed to be able to deliver this qualification?

All delivery sites must include one of following (additional information is contained with the Qualification Handbook):

swimming sites;

- 2 lanes of 25m pool with 2m depth

cycling sites:

- a flat, traffic-free facility with a concrete/tarmac surface (50m x 30m)

running sites:

- a standard 400m running track that is a minimum of four lanes wide
- a class room space for the appropriate number of learners which includes a classroom containing multimedia facilities flip charts and flip chart pens.
- a space for theoretical sessions to be delivered with conditions conducive to learning
- toilet facilities.
- access to refreshments or kitchen facilities

#### What equipment is needed to be able to deliver this qualification?

Equipment must include:

- a minimum of 40 coloured cones
- laptop and stationary

The centre is required to make learners aware of the need to provide their own personal equipment for practical assessment environments including:

**Swim**

- Swim costumes
- Goggles

**Cycling**

- Bike, which complies with safety regulation and rules of triathlon
- Helmet
- Appropriate clothing for weather conditions and footwear

**Running**

Appropriate clothing for weather conditions and footwear (running shoes).



<b>What qualification materials support this qualification?</b>
<p>This qualification is supported by a number of additional documents which must be read by all relevant personnel within recognised centres approved to offer this qualification. These include:</p> <ul style="list-style-type: none"> <li>• <i>1st4sport Level 1 Triathlon Coach Qualification Handbook</i>, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification</li> <li>• <i>1st4sport Level 1 Triathlon Coach Unit Specifications</i>, detailing the Learning Outcomes and Assessment criteria for the qualification</li> </ul>
<b>How much does this qualification cost?</b>
<p>Qualification registration and certification fees are available from 1st4sport Qualifications on request. Centres need to factor in facility and workforce costs in order to determine a Qualification Fee for learners.</p>
<b>How to apply to deliver this qualification</b>
<p>Contact 1st4sport Qualifications, requesting qualification approval for the 1st4sport Level 1 Award in Coaching (Sport and Physical Activity)</p> <p>Tel: 0113 290 7610  Email: <a href="mailto:enquiries@1st4sportqualifications.com">enquiries@1st4sportqualifications.com</a>  Website: <a href="http://www.1st4sportqualifications.com">www.1st4sportqualifications.com</a></p>
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<b>1st4sport Qualifications</b>
<p>Tel: 0113 290 7610  Email: <a href="mailto:enquiries@1st4sportqualifications.com">enquiries@1st4sportqualifications.com</a>  Website: <a href="http://www.1st4sportqualifications.com">www.1st4sportqualifications.com</a></p>

<b>British Triathlon</b>
<p>Website: <a href="http://www.britishtriathlon.org/">http://www.britishtriathlon.org/</a>  Enquiries email: <a href="mailto:coaching@britishtriathlon.org">coaching@britishtriathlon.org</a>  Telephone: 01509 226 161</p>
<b>Welsh Triathlon</b>
<p>Website: <a href="http://www.welshtriathlon.org/">http://www.welshtriathlon.org/</a>  Enquiries email: <a href="mailto:admin@welshtriathlon.org">mailto:admin@welshtriathlon.org</a>  Telephone: 0845 045 4305</p>
<b>UK Coaching</b>
<p>Tel: 0113 274 4802  Email: via <a href="http://www.ukcoaching.org/contact">www.ukcoaching.org/contact</a>  Website: <a href="http://www.ukcoaching.org">www.ukcoaching.org</a></p>
<b>SkillsActive</b>
<p>Tel: 0330 004 0005  Website: <a href="http://www.skillsactive.com">www.skillsactive.com</a></p>
<b>Ofqual</b>
<p>Tel: 0300 303 3344  Email: <a href="mailto:public.enquiries@ofqual.gov.uk">public.enquiries@ofqual.gov.uk</a>  Website: <a href="http://www.gov.uk/government/organisations/ofqual">www.gov.uk/government/organisations/ofqual</a></p>

### Qualification Structure (Rule of Combination)

Learners must successfully achieve all three mandatory units in order to achieve the qualification.

### Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
The role of the Triathlon coach	1	1	8	A/615/2078	Written Tasks, Observation of Coaching
The Triathlon coach in practice	1	1	8	R/615/2085	Written Tasks, Observation of Coaching
Technical coaching requirements for Triathlon	1	2	10	Y/615/2086	Written Tasks, Observation of Coaching

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