

# NCAS AustCycle Skills Coaching Course Information Sheet

*The NCAS AustCycle Skills Coaching Course has been developed by Cycling Australia and AustCycle in line with the 'Australian Sports Commission (ASC) Guidelines for the Design and Registration of NCAS & NOAS Accreditation Programs'. This coaching course provides coaches with opportunities to learn, study and be assessed for both the theoretical and practical aspects of coaching children and beginner adult cyclists in both non-traffic and low-traffic environments.*

*The course is accredited on the National Coaching Accreditation Scheme (NCAS), as a result, it is a nationally recognised coaching course and directly linked to the ASC Coaching and Officiating Unit standards for coaching.*

## Introduction

The AustCycle Skills Coach Course (ASCC) provides participants with an introduction to the basics of teaching cycling, including the planning, implementation, analysis and revision of beginner and intermediate cycling coaching sessions. This is achieved through an understanding and application of the underpinning knowledge of the NCAS Accreditation Program specific to cycling.

The course is one day in duration and is delivered as part of the two-day Road & Track Skills Coaching Course by the constituent federations (State and Territory Sporting Organisations) of Cycling Australia and as a one-day standalone course by AustCycle.

## Pre-requisites

Candidates are required to:

- Be at least 16 years of age
- Be a financial member of Cycling Australia (CA) or register with AustCycle directly on the course
- Hold a current Apply First Aid Certificate or equivalent
- Have a valid Working With Children Check, relevant to your state/ territory
- Hold one of the following certificates:
  - Australian Sports Commissions Beginning Coaching General Principles. This is a free online course provided by the Australian Sports Commission and can be accessed via the following link, <https://learning.usport.gov.au/>
  - A Bachelor of Education; or
  - A Level 1 NCAS coaching accreditation from another sport

## Pre-course tasks and readings

- Background reading:
  - Road Safety
  - AustCycle Skills Coach Activity Book ePublication
  - Information Sheet - What is AustCycle?
- Plan session for Internal Assessment – Prepare, an AustCycle session for delivery on course

## Coaching Course Objectives

At the successful completion of the training course, the coach will be able to:

- Establish and maintain safe traffic-free and low traffic coaching environments for riders and others by applying appropriate risk management
- Identify and utilise the appropriate components of cycling clothing and equipment that are required for safe and effective participation in traffic-free and low traffic coaching sessions
- Identify the correct skills used for traffic-free and low traffic environments and analyse and develop a rider's performance
- Plan, deliver and evaluate safe and effective coaching sessions that meet the demands of safe traffic-free and low traffic cycling
- Be an advocate for safe cycling training, and;
- Identify appropriate opportunities for cycling participation in the community

## The Coaching Course

- The ASCC is an interactive and practical course that introduces you to the basics of coaching and cycling techniques and equipment.
- You are asked to bring a helmet and a bike (which is in good working order) and to dress in suitable and comfortable clothing for both coaching and cycling
- The course is one day of face-to-face training that includes discussion, presentations and workshop activities, as well as a number of practical coaching modules.
- Following your course enrolment, you will receive links to two online resources (Activity Book and Manual) which you will be asked to review prior to the course. You will also receive a hard copy of the ASC Beginning Coaching Manual on course.

### Module Outlines

The course is composed of eight mandatory modules:

- **Introduction & Role of the AustCycle Skills Coach:** An introduction to the coaching course, its demands, resources and the remit of the AustCycle Skills coach.
- **Cycling Clothing and Equipment:** Identifying bike, helmet and clothing appropriate for cycling, as well as performing a basic helmet safety check and fit.
- **Bike Check, Bike Set-up, Risk Management and Coaching Best Practice:** Performing a basic bike check and correct set-up of a bike for the needs of a rider, performing a risk assessment and identifying best practice of coaching session delivery.
- **Cycling Skills Analysis and Development:** Evaluating, developing and analysing cycling skills in a traffic-free and low traffic environment
- **Delivering Coaching Sessions:** Delivering a coaching session that teaches riders to perform a beginner cycling skill in a traffic free environment
- **Planning Coaching Sessions:** Planning sessions designed to enable riders to systematically and progressively develop their skills for cycling in non-traffic and low traffic environments
- **Internal Assessment:** Prepare, deliver and review an AustCycle coaching session
- **Close and What Next:** Identify next steps as an AustCycle Skills Coach and further information available.

### Assessment

Assessment of the ASCC has several components:

- There is one formal observation of practical coaching - on course
- Observation of bike and helmet fit
- Written assessment tasks – tasks are completed during the coaching course, and as home study prior to the coaching course.

### Self-directed learning and written assessment tasks

You will be required to complete some home study learning and planning tasks prior to the course.

Support is available to help you understand and complete your home study tasks. If you have any questions regarding these tasks, you are encouraged to contact Cycling Australia or AustCycle.



### Recognition of Prior Learning/Current Competence

If you have covered some, or all, of the knowledge content of the AustCycle Skills Coaching Course modules previously, you may apply for Recognition of Current Competence (RCC) / Recognition of Prior Learning (RPL). This will mean that you bypass one or more of the course modules.

You will have to provide satisfactory written evidence that all of the learning outcomes (of the relevant module/s) have been met. Details of the RCC application process, full RCC guidelines and a list of outcomes are available from Cycling Australia.