



NCAS CycleSkill Cycling Coach Training Program

CycleSkill, is a training program specifically targeted at the coach who desires to assist novice cyclists in the areas of bicycle skills, road worthiness, the correct choice and fitment of cycling equipment and optimising bicycle set up using existing equipment. The training program duration is one day and training programs are delivered by the constituent federations of Cycling Australia.

Training program syllabus

- Unit CS:1 Introduction
- Unit CS:2 Role of the coach
 - 1. Legal Requirements,
 - 2. Risk Management
 - 3. Child Protection
- Unit CS:3 Planning and reviewing a session
- Unit CS:4 Group Management
- Unit CS:5 The coach in action
- Unit CS:6 Health and Safety
- Unit CS:7 Bicycle road worthiness and safety
- Unit CS:8 Optimising bicycle and helmet fit
- Unit CS:9 Basic CycleSkills – evaluation and instruction

Accreditation Requirements

- Successfully complete the CycleSkill Cycling Coach training program, including all in-training program activities (discussions, question and answers, small group activities, practical assessment tasks 1 – 4)
- Successfully complete and submit the CycleSkill Cycling Coach's Workbook to the training program coordinator within sixty days of the completion of the training program.
- Be a financial member of Cycling Australia.
- Sign and agree to abide by the Cycling Australia Coach's Code of Ethics (see Appendix 1)

At the completion of the CycleSkill Cycling coach training program (coursework), candidates must complete and sign two copies of a Candidate Acknowledgement of Accreditation Requirements Form (see Appendix 2). One copy should be retained by the candidate as a reminder of the remaining requirements, the other by the training program coordinator.

Recognition of Prior Learning (RPL) / Current Competencies (RCC)

Note:

1. Candidates who successfully apply for Recognition of Prior Learning (RPL) / Current Competencies (RCC) may gain credit for all or part of the CycleSkill Cycling coach training program. See Appendix 3 for details regarding Recognition of Prior Learning (RPL) / Current Competencies (RCC)].
2. In order to maintain their accreditation in the years after the training program coaches must demonstrate that they are coaching and continuing to update their coaching knowledge and skills. For more information on Cycling Australia's Updating Requirements see Appendix 4].