



Tri NZ Level 1 Coach Accreditation Completion Guide

The aim of the Level 1 coach programme is to provide new coaches with the knowledge, understanding, and experience to safely enable a beginner triathlete of any age to enjoyably complete a triathlon (most likely a super sprint or sprint distance event)

REQUIREMENT	COMMENTS
Learning Check	<p>Read the Level 1 Coach Programme Booklet and fill in the learning check. Most answers are in the booklet but some answers will come from your own experience and knowledge. Be concise but make sure you have read the booklet as this is the text most of the answers are assessed against.</p> <p><u>Note:</u> Learning Check can be submitted electronically</p>
Logbook	<p>The logbook is to show you have completed at least eight (8) hours of face-to-face coaching. These hours need to cover at least six (6) sessions and <i>preferably</i> with 2-3 different athletes. These are skills-based sessions - simply prescribing an 'hour's run', for example, is not enough to meet the requirement. Use your own knowledge as appropriate</p>
Introduction to Ethics in Coaching Module	<p>Read the resources supplied (e.g. ITU Level 1 Ethics) and then answer the questions in the module. Use your own knowledge as appropriate</p>
Introduction to Leadership Module	<p>Read the resources supplied (e.g. Coach-Leadership Styles) and then answer the questions in Parts A & B. Use your own knowledge as appropriate</p>
Athlete-Centred Module	<p>Read the resources supplied (Effective Coaching by Graeme Robson; NZ Coach Approach) and then answer the questions in the module. Use your own knowledge as appropriate</p>
Understanding the Athlete Module	<p>Read the SPARC Booklet, particularly the pages on the athlete communities (characteristics and needs) near the end of the booklet</p>
2 x 8-12 Week Training Programmes	<p>The programmes need to be for two (2) different triathletes. The triathletes can be beginners, youths, or age groupers. The programmes should be aimed at a specific event (super sprint or sprint races are acceptable). The key considerations are that the programmes are structured, progressive, and meet the specific needs of the triathlete</p>
3 x Session Plans	<p>Use the skills-based session plan template to show you can plan, deliver and review a session for each of the three disciplines (swim, bike, and run)</p>
1 x Coach Observation	<p>You need to get one (1) session observed by a 'critical friend'. This is someone who you believe can provide you with valuable feedback on your coaching (either your technical knowledge or your coaching ability). Send the critical friend your session plan before the session and let them know the key things you want to achieve in the session. Make sure the sheet is signed and dated by the observer and yourself afterwards</p>



1 x Coach Reflection	Once you have delivered the session above (the observed session) use the coach reflection sheet to capture your thoughts on how the session went. Take into account the feedback from your critical friend. Make sure the sheet is signed and dated afterwards
Athlete Testimonial	Get an athlete you have coached to write a few words (2-3 paragraphs is acceptable) about you and your coaching
Coaches' Code of Ethical Behaviour	Read and sign the code. An electronic copy is acceptable. By signing the code, you are acknowledging you have read the code, accept it, and agree to abide by it
Police Vetting	You need to be police vetted by Tri NZ. This means filling out the Authorisation to Disclose Information form and returning a hard copy (electronic copies are NOT acceptable by NZ Police). Form to be found within USB provided
<p style="text-align: center;">Tri NZ's Coach Development Programme is overseen by the Tri NZ Coach Advisory Group [CAG]. They reserve the right to request additional information from any coach registered on the programme, or for information to be re-submitted.</p>	

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