

- ROLE:** Club Coach (BTF Level 2).
- RESPONSIBLE TO:** Head Coach, Committee & Club members.
- PURPOSE:** To plan, deliver & evaluate coaching sessions incorporating basic and intermediate triathlon techniques.
- COMMITMENT:** This will depend on the clubs needs. You could coach 1 session a week or you could coach many more sessions.

Main Duties and Responsibilities

- To prepare and plan sessions in all disciplines and liaise with the Head Coach to confirm delivery.
- To be involved in preparation of other coaches sessions.
- To lead and deliver sessions in all disciplines.
- To attend club meetings when required.
- To maintain CPD in coaching.
- Ensure the safety and welfare of all participants by adherence to good practice and coaching guidelines.
- To uphold and abide by the BTF Coaches Code of Ethics and Conduct.

Attributes of a Club Coach

- **Planner** - Plan coached sessions
- **Organiser** - of sessions, equipment, triathletes, and coaches where applicable
- **Mentor & Advisor to your triathletes**
- **Teacher / Educator / Instructor** - coaching can be considered as helping athletes learn and understand what they need to improve or increase their enjoyment, teaching and educating can form a large element of this. Achieving a balance between telling people what to do and providing an environment for them to learn themselves is a key coaching skill.
- **Manager** - participants and others will look to the coach to define what needs to happen and when. The coach will usually need to take the lead and manage a range of activities to support coaching e.g. preparation of plans, booking facilities, possibly even selecting target races for a club or groups of individuals.
- **Role model** - coaching is an important role, and many people look to coaches to set an example, therefore coaches need to act and behave as expected from someone in a position of responsibility.
- **Motivator** - not only to your triathletes but to more junior coaches in your club.
- **Friend** - over time, you will build personal relationships with your triathletes.

NAME (please print)			
British Triathlon Membership number			
SIGNED		DATE	