



Crowborough Tri Club Coach

Role Description

January 2023

Role: Club Coach

Responsible to: Head Coach, Club Committee

Position Overview

To plan, deliver & evaluate coaching sessions incorporating basic and intermediate triathlon techniques across all disciplines. Complete risk assessments for each specific session.

Commitment:

Deliver sessions as outlined by the Head Coach inline with the club's coaching programme. Be able to deliver at least 1 session a week and keep updated with British Triathlon's CPD programme to seek personal development.

Main Duties and Responsibilities

- **Prepare** and **plan** sessions and risk assessments in all disciplines and liaise with the Head Coach to confirm delivery.
- **Responsible for** the delivery of safe, well run sessions meeting all coaching guidelines.
- **Support** other club coaches in the delivery of their sessions as and when required.
- **Attend** club meetings when required.
- **Maintain** coaching competency by keeping up to date with latest coaching methods and attending CPD to gain experience and knowledge.
- Ensure the **safety** and **welfare** of all participants by adherence to good practice at all times when coaching.
- To **uphold** and **abide** by the BTF Coaches Code of Ethics and Conduct.

Relevant Skills and/or Aptitudes

- **Prepare, plan** and **deliver** coached sessions to a wide range of abilities
- **Organise** sessions, equipment and participants to ensure the smooth running of a coached session.
- **Mentor** and **Advisor** to participants within your sessions
- **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.
- **Manage** session participants who 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 and trust.
- **Motivator** to participants attending club sessions.

Knowledge and Experience

Essential

- Qualified British Triathlon coach.
- Understanding of British Triathlon coaching guidelines and procedures.
- Fully compliant with all safeguarding requirements as required by British Triathlon.
- Be able to manage and plan sessions in line with the club's ethos.
- Understands and follows British Triathlon coaching code of ethics.

Personal Attributes

Essential


- Commitment and enthusiasm to develop the Club and support its members.
- Positive and common-sense approach in dealing with challenging issues.
- Treats people with respect.
- Protects confidential information.
- Adheres to the club's policies and demonstrates loyalty to the club.
- Strong individualist and decision maker with high determination to succeed.
- Self-motivated.

Support from British Triathlon

- Support from British Triathlon Coaching coaching@britishtriathlon.org
- Direct access to [British Triathlon's Learning Hub](#)

What will you gain from the experience?

To be a catalyst to support club members in improving their ability and experience within multisport. An opportunity for personal development as a club coach to gain further experience and knowledge to provide a platform to gain further coaching qualifications.

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SIGNED		DATE	27-2-23