

# Club Coaching Structure / Policy



## Club Structure

Tri Limits Triathlon Club have the following structure in place. Coaching ratios is dependent on numbers, but the club aspire to have the following coaching in place.



## Coaching

### 1. Coaching Costs

The club aspire to reach the below coaching structure to ensure adequate coaching ratios are met and members receive the best possible coaching possible.

### 2. Club covering costs:

The club aim to assist members where possible to cover costs and encourage as many members to engage in coaching and/or leading sessions. Volunteer Coaches are essential to the future success and growth of the club. The club aim to provide the following:

### 3. Tri Leader Course

The Club will aim to assist with facilities/refreshments for the Tri Leader Course if there are enough numbers. Members are expected to pay for their own Tri Leader Course unless such funding becomes available and is subject to approval at Committee. The same rules apply for Swim, Bike or Run beginner Coaching e.g. Lirf,

### 4. Triathlon Level 1

Following completion of the Tri Leader Course or equivalent, Members are expected to commit to a minimum of 20 hours voluntary to assist with coaching/leading sessions. On completion of the 20 hours, members **MAY** be put forward to Level 1 Triathlon or Swim/Bike/Run equivalent. The club **MAY** cover the cost of the Level 1 Course. This is dependent on the current need of the club and finances available. Each case will be brought before committee and voted accordingly on recommendation by Head Coach and current needs.

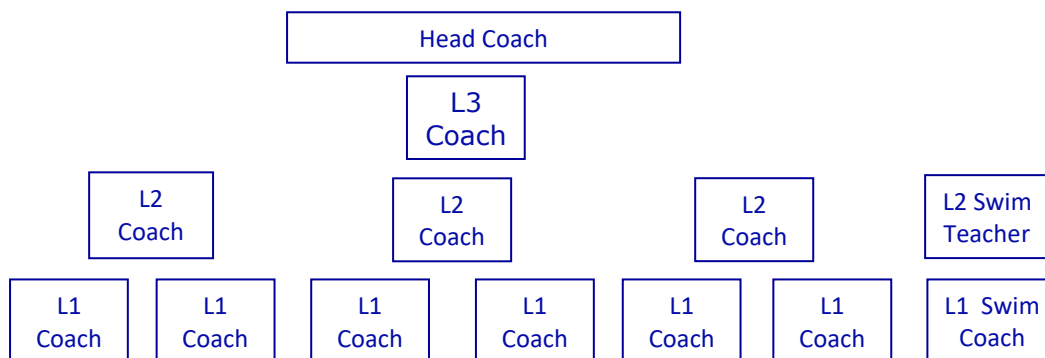
## 5. Commitment

It is also expected that on completion of Level 1, the new Coach will commit to leading/assisting with Club Coaching sessions for up to 1 full year. This is subject to need within the club and should be agreed at Committee Meeting.

## 6. Level 2 and Level 3 Coaching Courses

Level 2 and Level 3 Coaching Courses are also subject to the same requirement of Level 1 and in-line with the current requirements of the Club Structure.

## 7. Tri Limits Coaching aspirations



## 8 . Role Descriptions/Responsibilities

- Club Head Coach – Mark Farquhar
- Club Swim Coach – Ruth Lawson
- Club Bike Coach – Brian McComb
- Club Run Coach – Mark Farquhar
- Youth Coach – Karle Farquhar

### Head Coach

- Oversees all aspects of coaching within club.
- Chair of coaching quarterly meetings

### Club Swim Coach

- Co-ordinates weekly swim sessions
- Ensures sessions are in line with strategic direction agreed at Quarterly Coaches Plan

### Club Bike Coach

- Co-ordinates weekly Cycling sessions
- Ensures sessions are in line with strategic direction agreed at Quarterly Coaches Plan

### Club Run Coach

- Co-ordinates weekly run sessions
- Ensures sessions are in line with strategic direction agreed at Quarterly Coaches Plan

# Club Coaching Structure / Policy



**Level 1 Coaches** – To lead sessions under the direction of the Strategic Plan

**Tri Leaders** – to Assist coaches to deliver safe sessions in line with strategic plan

**Safeguarding Officer**

- Ensures all Coaches and Tri Leaders are fully up to date on renewals, coaching qualifications and overseeing AccessNI process.

Signed on behalf of Tri Limits Management Committee:

Date: 06 February 2024

Name: Sarah Halliday

Position: Chair

A handwritten signature in black ink, appearing to read "S. Halliday".

Signature:

Name: Ruth Lawson

Position: Vice Chair

A handwritten signature in black ink, appearing to read "Ruth Lawson".

Signature: