

# 2017 Coaching Requirements



Our coaches are the cornerstone of our program. We want our coaches to confidently provide a safe and positive environment for our student riders while making mountain biking fun and applicable to life. Lessons learned on a bike are lessons learned in life.

The Washington Student Cycling Coach Licensing Program ensures that all adults working with our students have the knowledge needed to be a positive influence. WSCL licenses also protect volunteers and coaches with comprehensive insurance and protect our youth with background checks. To become a coach start with License Level 1 and take it one step at a time throughout the year as opportunities arise to complete additional requirements. Minimum requirement to ride with/coach our students is License Level 1 per our "SafeKids Policy".

DESCRIPTION	LICENSE LEVEL		
	I	II	III
<b>License Requirements</b>			
Age	18 yrs.	21 yrs.	21 yrs.
Registration (annual, includes Background Check)	\$30	\$30	\$30
Background Check	✓	✓	✓
Concussion Training	✓	✓	✓
League Orientation Course	✓	✓	✓
Risk Management Course	✓	✓	✓
Field Hours	✗	30 hrs.	60 hrs.
First Aid (8-hr)	✗	✓	✓
CPR	✗	✓	✓
Ride Leading Course	✗	✓	✓
Teaching MTB Skills for Coaches	✗	✗	✓
<b>Approved Activities</b>			
Serve as team communicator / Coordinator	✓	✓	✓
Help with team events such as fundraiser activities, social events, etc.	✓	✓	✓
Lead an indoor team practice if 21 yrs. +	✓	✓	✓
Assist with an indoor team practice	✓	✓	✓
Ride outside with team in a supporting role (sweep or middle)	✓	✓	✓
Ride outside with team in a leading role (ride leader or lead or ride group)	✗	✓	✓
Teach mountain bike handling skills	✗	✓	✓

- \* A minimum of 2 licensed coaches must be present at all times (see SafeKids Policy) during all team activities.
- \* All team rides and outdoor practices must have a Level II coach present.
- \* On the bike coach to rider ratio: 1:6 (one coach per 6 students)
- \* Off the bike coach to rider ratio: 1:8 (one coach per 8 students)

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## **Annual Registration:** \$30.00 Annually (online)

Every adult volunteer working with teams must register with the League and have a Participation Waiver on file. Registration is via our [online registration](#) system where you will be able to complete your annual registration, complete your background check, concussion management training and register for clinics. If you need help registering, please contact [registration@washingtonleague.org](mailto:registration@washingtonleague.org).

## **Background Check:** Free (online)

Every adult volunteer in our organization must complete a background check per our [SafeKids Policy](#). Background checks are valid for two years and are completed via our online registration system at the time of annual registration. When your registration has been completed, you are then [insured](#) to start riding with your team. Your registration is complete when you pass the background check and sign the Participation Waiver. You will know when your registration is complete when you receive an automated email indicating that you have been placed on your team roster.

## **Concussion Training:** Free (online)

Time: Approximately 20 minutes

Concussion management is important for all riders! All adults working with students must complete the CDC's Heads Up: Concussion in Youth Sports. Learn about the signs and symptoms of concussion and what to do if you believe a rider is experiencing one. Please review the [CDC Heads Up Concussion in Youth Sports](#). The concussion management quiz is available through our online registration system.

## **League Orientation Course:** Free (online)

Time: Approximately 10 minutes

Learn more about the Washington Student Cycling League, how it is structure and our mission. It is important that we are all working towards the same goal!

## **Risk Management Course:** Free (online)

Time: Approximately 20 minutes

Become familiar with our systemic approach to proactively managing the risks associated with our sport and our program. Learn to protect student-athletes from harm, mitigate the potential for injury and make sure that everyone exercises best practices in the field. This information is in keeping everyone safe, growing our program and our mountain bike opportunities.

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## **Field Hours:**

Field Hours are any time spent in contact with WSCL student athletes in a mountain bike team setting. This can be time spent leading team rides, skills clinics, leading team meetings, and spending time at races supporting our athletes. Field work hours ensure that coaches and volunteers are practicing their own coaching skills and having positive influence on our riders. Submit your hours using the link below.

## **First Aid:** Varies (in-person)

Time: Approximately 8 Hours

Mountain biking is a sport that involves inherent risk and often takes place in locations that responders would have trouble reaching in an emergency. For this reason, our coaches licensing program has high standards for first aid certifications for license holders.

Classes may be offered by the League, but Adult Basic First Aid offered by other organization such as American Red Cross will fulfill this requirement. Typically First Aid Certification lasts 2 years.

## **CPR:** Varies (in-person)

Time: Approximately 2 Hours

Mountain biking is a sport that involves inherent risk and often takes place in locations that responders would have trouble reaching in an emergency. For this reason, our coaches licensing program has high standards for CPR certifications for license holders. Classes may be offered by the League, but CPR certification offered by other organization such as American Heart Association or American Red Cross will fulfill this requirement. Typically CPR Certification lasts 2 years.

## **Ride Leading Certification:** \$45.00 (in-person)

Time: Approximately 6 Hours

Prerequisite: First Aid and CPR Certification

**\*\* NEW COURSE \*\*** This course offers hand-on training for leading rides and managing group situations on an open trail system with the emphasis on leading youth rides. Course topics include risk management, group management, trail etiquette, safety and emergency preparedness.

## **Teaching Mountain Bike Skills for Youth Coaches:** \$95.00 (in-person)

Time: Approximately 6 Hours

Prerequisite: Ride Leading Course (starting in 2017)

You may know basic mountain bike skills but do you know how to teach them? Learn how to effectively teach and manage the students in your program with this one-day coach training. Curriculum includes breaking down basic bike skills and teaching them to others, drills, bike games and tips for working with kids.

CLASS SIZES ARE KEPT SMALL TO ENSURE QUALITY TRAINING