

## What is the UKCC?

The UK Coaching Certificate (UKCC) is an initiative to align coach education programmes in the UK. A UKCC level 1 or 2 course across any of the 31 sports involved will indicate a standard approach has been applied to the qualification structure and its quality assurance. In addition to the UKCC endorsement the Scottish UKCC level 2 in Coaching Cycling is awarded through the Scottish Qualifications Authority (SQA), giving 12 credit points at SCQF level 5.

## Funding for courses

As a sport committed to delivering UKCC courses through the SQA, Scottish Cycling is lucky enough to have received limited financial assistance from **sportscotland** to allow the part funding of our club's coaches to undertake the UKCC level 2 award (L2 'core' award). To be eligible for our funding coaches must be members of clubs affiliated to Scottish Cycling as well as hold valid Scottish Cycling membership.

Our funding is paid back to coaches via our scholarship scheme upon completion of the first phase of training (days 1&2). The degree of funding awarded reflects both the coach's degree of commitment to delivering coaching sessions and their club's commitment to delivering the British Cycling Go-ride Programme. The exact degree of funding will be determined following submission of a completed scholarship application form (available through our website or office).

Additional funding for Level 2, Level 2 DSU and Level 3 courses may be available from your local authority, even if you coach out with a Scottish Cycling affiliated club.

Level 1 coaches may be entitled to up to 50% of the cost of their course through **sportscotland**. Applications made by our members for this **sportscotland** funding would be supported and assisted by Scottish Cycling.



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**The National Lottery**  
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**sportscotland**



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# Scottish Cycling: Coaching

Scottish Cycling's Coach Education Pathway consists of a range of coaching awards (developed in association with British Cycling and Welsh Cycling) along with appropriate CPD opportunities scheduled throughout the year.

The UKCC level 1 award provides an entry point for coaches or offers a suitable qualification for those wishing to work as an "assistant coach". Most of our coaches enter the Coaching Pathway at the UKCC level 2 award which covers elements common to all cycling disciplines. Our coaches then often progress to one of the level 2 discipline specific units (DSUs) to further their knowledge and extend their remit. Currently we run DSUs in either: Road and Time Trial, Track, MTB or BMX. Application to the DSUs are only open to candidates who have completed either the Level 2 Award or the pre-existing Club Coach Award.

Following completion of a L2 DSU progression to discipline's level 3 is then possible where the focus moves from groups to one to one coaching.

The level 2 award courses are normally run at Caledonia House in Edinburgh but discipline specific courses may be spread throughout the country.

The ACAT award is run in schools or active schools clusters specifically for trained teachers and can be scheduled by arrangement.

*If you are interested finding out more about any our coach education courses please contact us.*

## Do you Want to coach...?

Road and time trial

Mountain bike

Track

BMX

Cycle club coaching

Schools racing

Cycle speedway (L2 DSU in development)

Cyclocross (L2 DSU in development)



# Our Pathway

\* For help with course fees see our funding help info.

UKCC Level 1 (optional)	UKCC Level 2	Level 2 Discipline Specific Awards	Level 3 Discipline Specific Awards
Open to coaches aged 16 and over holding valid coaching insurance and first aid qualification.	Open to coaches aged 18 and over holding valid coaching insurance and first aid qualification.	Must possess level 2 award and hold valid coaching insurance and first aid qualification.	Must possess the level 2 discipline specific award relevant to this environment and hold valid coaching insurance and first aid qualifications.
You can deliver from British Cycling Gears 1&2	You can deliver from British Cycling Gears 1,2,3&4 and sessions of your own creation	You can deliver from British Cycling Gears 5 & 6	You can deliver from British Cycling Gear 7
Coach groups between 3 and 20 riders in non technical traffic free environments	Coach groups of between 3 and 20 riders in non technical traffic free environments	Coach groups of 3 -15 riders in discipline specific environments: (8 riders in the technical MTB environment)	Coach individual riders advanced techniques in discipline specific environments.

## Level 1 Certificate in Coaching Cycling (£245\*)

The Level 1 Certificate in Coaching Cycling (L1CCC) is a first step onto our Coaching Pathway and it is aimed at people aged over 16 who are new to coaching and cycling. This qualification provides you with an introduction to the coaching of cycling sessions. The certificate qualifies you to independently prepare for, deliver and review pre-prepared coaching sessions to groups of adults or children. The course covers the basics of cycle sport coaching and equips coaches to deliver British Cycling Go-Ride Gears 1 and 2 activities. Progression to further, discipline specific awards requires completion of the level core 2 award first. Level 1 courses can be arranged at the request of clubs or local authorities subject to a minimum number of attendees. The course is 2 full days with a 4 week consolidation period between them. An element of home study is also required.

## Activity Coach Award for Teachers (£95)

The ACAT is a one day course designed to give registered teachers cycle sports coaching knowledge. Gears activities from books 1-4 can be delivered within the school environment.

## Level 2 Certificate in Coaching Cycling (£395\*)

The Level 2 Certificate in Coaching Cycling (L2CCC) is either an entry level award aimed at people with some coaching or cycling experience or a continuation of the Coaching Pathway for level 1 cycle coaches aged 18 or over. The 'how' and 'what' to coach are all expertly explained within the 3 day course. The knowledge gained from this qualification will allow you to develop an understanding of safe, ethical and effective coaching. The certificate qualifies you to independently plan, deliver and evaluate a series of cycling activity sessions to groups of beginner and intermediate level children or adults. This award includes the resource books Gears 1-4 and includes the SportscoachUK workshop: Safeguarding and Protecting Children. The course is 3 full days over 2 weekends 12 weeks apart with substantial home study required.

Activity Coach Award for Teachers (ACAT)

Open to registered teachers only .

Gears 1,2,3&4 in a school environment



## Level 2 Discipline Specific Units "Coaching riders from their first session to their first competition"

### The Level 2 Mountain Bike Coaching Award (£195\*)

A weekend course aimed at coaches new to the mountain bike environment, as well as current mountain bike coaches who want to develop their existing knowledge and skills. The knowledge gained from this award will allow you to plan, deliver and evaluate a series of safe and effective mtb sessions for groups of riders in the technical environments of MTB: XC, DH and 4X.

### The Level 2 Track Coaching Award (£195\*)

The Level 2 Track Coaching Award allows coaches to deliver sessions to riders on fixed wheel bicycles as well as those wishing to use banked velodromes. Information on track sprint and track endurance is covered with a mix of intermediate and advanced skills and techniques. This is a 2 day course.

### The Level 2 Road and Time Trial Coaching Award (£195\*)

The two days of our Level 2 Road and Time Trial Coaching Award is for coaches looking to develop riders by improving their advanced road riding tactics and skills. The knowledge gained from this award will allow you to plan, deliver and evaluate a series of safe, ethical and effective road and time trial coaching sessions.

**Level 3 Certificate in Coaching (£795\*).** Following on from a discipline specific level 2 award the L3 award introduces advanced skills and tactics not included in the L2DSUs. Level 3 awards also allow coaches to begin prescribing training for individual riders. The L3 course is made up of a 4 day core unit shared amongst all disciplines and then further discipline specific modules.