

Level 2 BMX Coaching Award Information Sheet

The Level 2 BMX Coaching Award is aimed at coaches new to the BMX environment, as well as current BMX 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, ethical and effective BMX sessions. The award will also give you all the knowledge and information you need to progress riders from their first session on a BMX track up to their first competition. This award is the minimum requirement for the delivery of Go-Ride BMX Gears 5 and 6.

Pre-requisites

Candidates are required to:

- be at least 18 years of age
- hold a current and recognised **1 Day Emergency First Aid Certificate**, or equivalent
- have British Cycling Membership (Silver or Gold level) or an appropriate level of coaching insurance
- have completed, and be fully qualified in, one of the following coaching qualifications: Level 2 Certificate in Coaching Cycling, Activity Coach Award, or Club Coach Award.

Award Aim

The aim of the award is to provide an introduction to the processes and principles of coaching BMX cycling to groups of beginner and/or intermediate level riders, including delivery of Go-Ride BMX Gears 5 and 6. It offers an opportunity for potential BMX coaches to be supported in developing the knowledge of how to effectively plan, deliver and evaluate progressive BMX cycling coaching sessions.

The Learning Programme

The award is composed of five compulsory units of study:

Coaching Environment

This unit will explain the features of the BMX environment. It will also explore hazards specific to this environment and explain how to minimise them.

Competition and Event Demands

Covering the fundamentals of Regional, National and International competition structure.

BMX Equipment

An introduction to BMX specific equipment including BMX specific bike set-up and mandatory equipment.

Analysing BMX Techniques

Identifies the coaching needs of BMX riders, describes the correct performance of BMX techniques and explains why they are important.

Planning Progressive Sessions

This unit provides the information required for potential Level 2 BMX Coaches to plan individual and linked sessions, including progression, to achieve an overall goal.

It is expected that it will take you up to 31 hours to complete this award. This figure includes 6 hours* of pre-course work (first aid course), 2 days (17 hours) of training and practical assessment, and up to 8 hours* of home study/assessment after day 2. **These figures are estimations. It may take you more or less than the estimated hours to complete the home study.**

Assessment

The assessment of the Level 2 BMX Coaching Award has three components:

Observation of practical coaching – on the morning of day 2 you will be required to deliver and evaluate a 15-minute session. You will be required to plan your session overnight, between days 1 and 2.

Written assessment task – a series of short answer questions that you will complete as home study after day 2 and return to Coaching and Education once completed.

Practical coaching experience log** – you are required to deliver a series of six coaching sessions to a group of beginner or intermediate level track riders. You will be required to submit a completed log.

**** You should ensure you have access to an appropriate group of people for this task. If you are not involved with a club or do not have a group of riders to coach, please contact your local British Cycling Regional Manager or Go-Ride Coach who can help to identify possible coaching opportunities.**

Course Fees

The cost of the course is £170*, which includes:**

Two days of training

Lunch and refreshments on both days

Theoretical and practical assessment

British Cycling Level 2 Coaching Handbook: BMX

British Cycling Go-Ride BMX Gears 5 and 6 Coaching Work books

***** Please note that first aid training is not included in the cost. If you have concerns regarding funding, there may be grants and funding opportunities available.**

