**ROLE:** Session Coach (Level 1)

**RESPONSIBLE TO:** Head Coach, Committee & Club members

**PURPOSE:** To lead and deliver sessions to members. To plan basic sessions

**COMMITMENT:** This will depend on the clubs needs. You could coach 1 session a week or you could coach up to 6 hours.

**Main Duties and Responsibilities**

* To prepare and plan basic sessions supported by a Level 2 or Level 3 coach
* To be involved in preparation of other coaches sessions
* To lead and deliver pre-planned sessions in all disciplines
* To attend club meetings when required
* To continue CPD in coaching
* To shadow and learn from other coaches (and mentor if applicable)
* To inform senior coaches of availability and if and when not available to coach
* Ensure the safety and welfare of all participants by adherence to good practice and coaching guidelines.

**Attributes of a Session Coach**

* **Planner** – Plan coached sessions
* **Organiser** – of sessions, equipment, triathletes, and coaches where applicable
* **Mentor** **& Advisor to your triathletes**
* **Teacher / Educator / Instructor** – coaching can be considered as helping triathletes 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.
* **Manager**– participants and others will look to the coach to define what needs to happen and when. Assist the head coach in managing 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.
* **Motivator** – not only to your triathletes but to fellow coaches in your club.
* **Friend** – over time, you will build personal relationships with your triathletes.

|  |  |  |  |
| --- | --- | --- | --- |
| NAME (please print) |  | | |
| British Triathlon Membership number | |  | |
| SIGNED |  | DATE |  |