

# **TRI** **THLON** **CANADA**

2018

Triathlon Canada  
National Coaching Certification Program (NCCP)  
Revised Pathway

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# 1. INTRODUCTION

A full review of the Triathlon Canada National Coaching Certification Program (NCCP) has been completed. Working in collaboration with the Coaching Association of Canada (CAC), a new coaching certification model has been developed and approved for implementation.

This model includes the following **new items**: registration system, defined pathways, course content, assessment criteria, and skills catalogue database linked to a tool for developing Individual Performance Plans (IPP) and Yearly Training Plans (YTP). For those that are already certified or trained, a framework has been developed for grandfathering existing coaches into the new system.

# 2. IDENTIFIED CHALLENGES

Based on the published [Coaching White Paper](#), the following challenges were identified within the existing Triathlon Canada NCCP. The new model was developed with these in mind:

- 1. Coaching Cottage Industry:** there is a cottage industry of coaching businesses that are unregulated and do not align with best practices for general safety and training
- 2. Best Practices:** basic best practices such as background checks and Respect in Sport training are not included in current programming
- 3. Education:** there is a lack of understanding by athletes and parents employing coaches on what they should be looking for in a coach
- 4. Competition:** there are very few coaches moving into the Competition Pathway, and a resulting lack of support for athletes attempting to access High Performance programming

# 3. KEY CHANGES

The following is a summary of key changes to the Triathlon Canada NCCP:

- 1. Registration:** all coaches must register with Triathlon Canada and affiliate with their Provincial Sport Organization (PSO) in order to be trained or certified at any level. Registered status will be contingent on completion of a Criminal Background Check and the Respect in Sport training. See full details below.
- 2. Pathways:** the coaching pathways have been changed to increase the training for those on the Community Coaching pathway. **Community Coaching** and **Competition Introduction** have been combined to create the new **Community Coach** designation. **Competition Coaching** is now a single pathway with the option to gain a High Performance Competition designation. See full details below.

## 4. COACHING CERTIFICATION

The Triathlon Canada coaching certification program has some elements that are sequential, but there is no expectation that every coach be certified first as a **Community Coach**, and then follow a progression into **Competition Coaching**. Some coaches may go directly into the Competition stream or vice versa. Regardless of the end-goal, certification starts in the same place for everyone:

### 4.1 BASIC REGISTRATION:



#### STEP 1: Create a Coaching Association of Canada (CAC) Account

The first step on the pathway to any triathlon coaching certification is to register with the CAC and set up a National Coaching Certification Program (NCCP) number. <https://thelocker.coach.ca/account/login>

#### STEP 2: Register with Triathlon Canada and affiliate with your PSO

You must register as a coach with Triathlon Canada and affiliate with your Provincial Sport Organization (PSO) through the National Triathlon Registration System (NTRS). Part of your registration will require you to go through the following three steps:

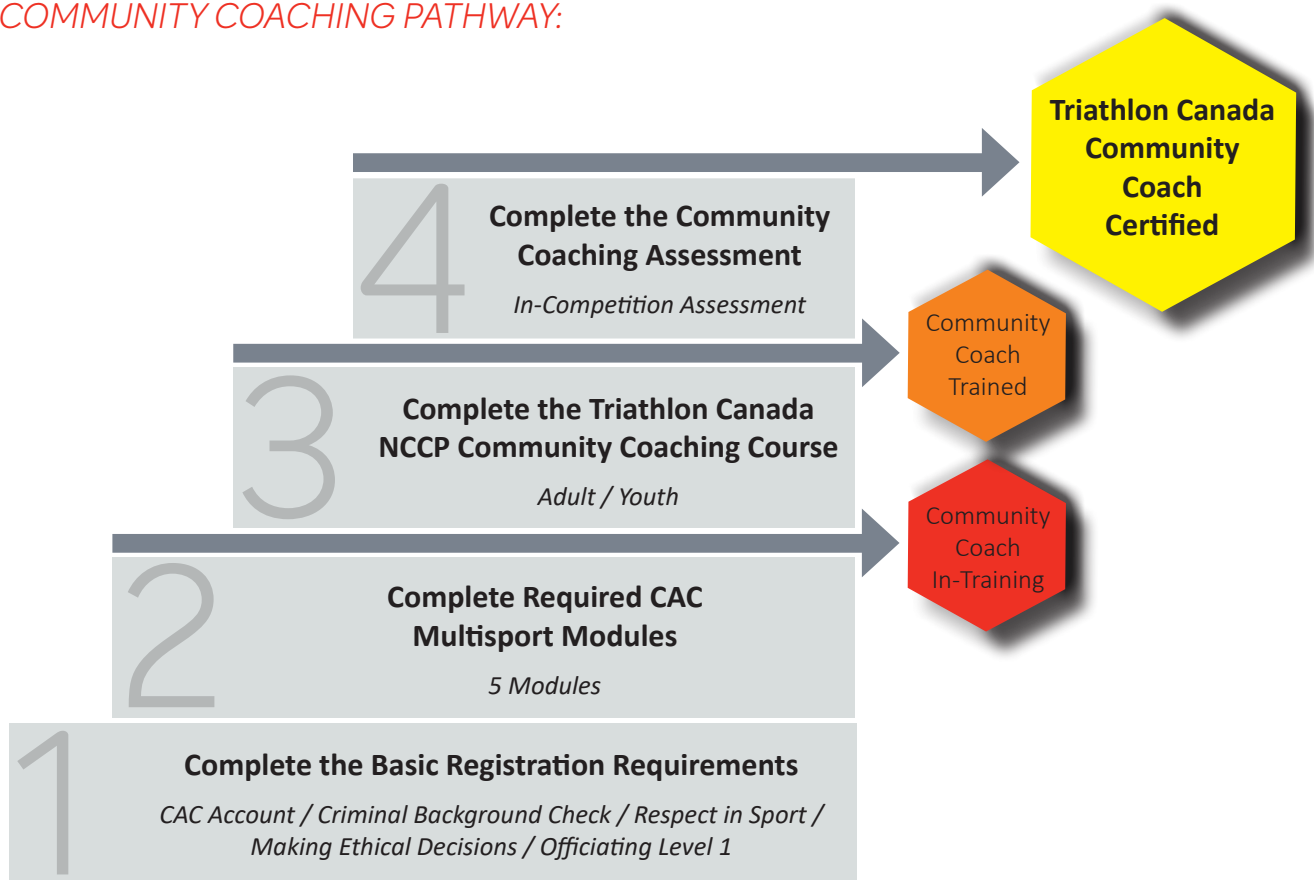
- Complete the "Respect in Sport" training
  - » Hosted through Respect Group
  - » Upload completed certification into your NTRS account
- Complete a Criminal Background Check (must be renewed every 2 years)
  - » Upload completed background check into your NTRS account

#### STEP 3: Complete CAC Module "Making Ethical Decisions"

#### STEP 4: Complete Provincial Officiating Level 1

**DESIGNATION: TRIATHLON CANADA REGISTERED**

## 4.2 COMMUNITY COACHING PATHWAY:



### STEP 1: Complete the Basic Registration Requirements

### STEP 2: Complete required CAC Multisport Modules

- Teaching and Learning
- Nutrition
- Basic Mental Skills
- Planning a Practice
- Design a Basic Sport Program

**DESIGNATION:** TRIATHLON CANADA COMMUNITY COACH IN-TRAINING

### STEP 3: Complete the Triathlon Canada NCCP Community Coaching Course

- Adult / Youth Community Coach

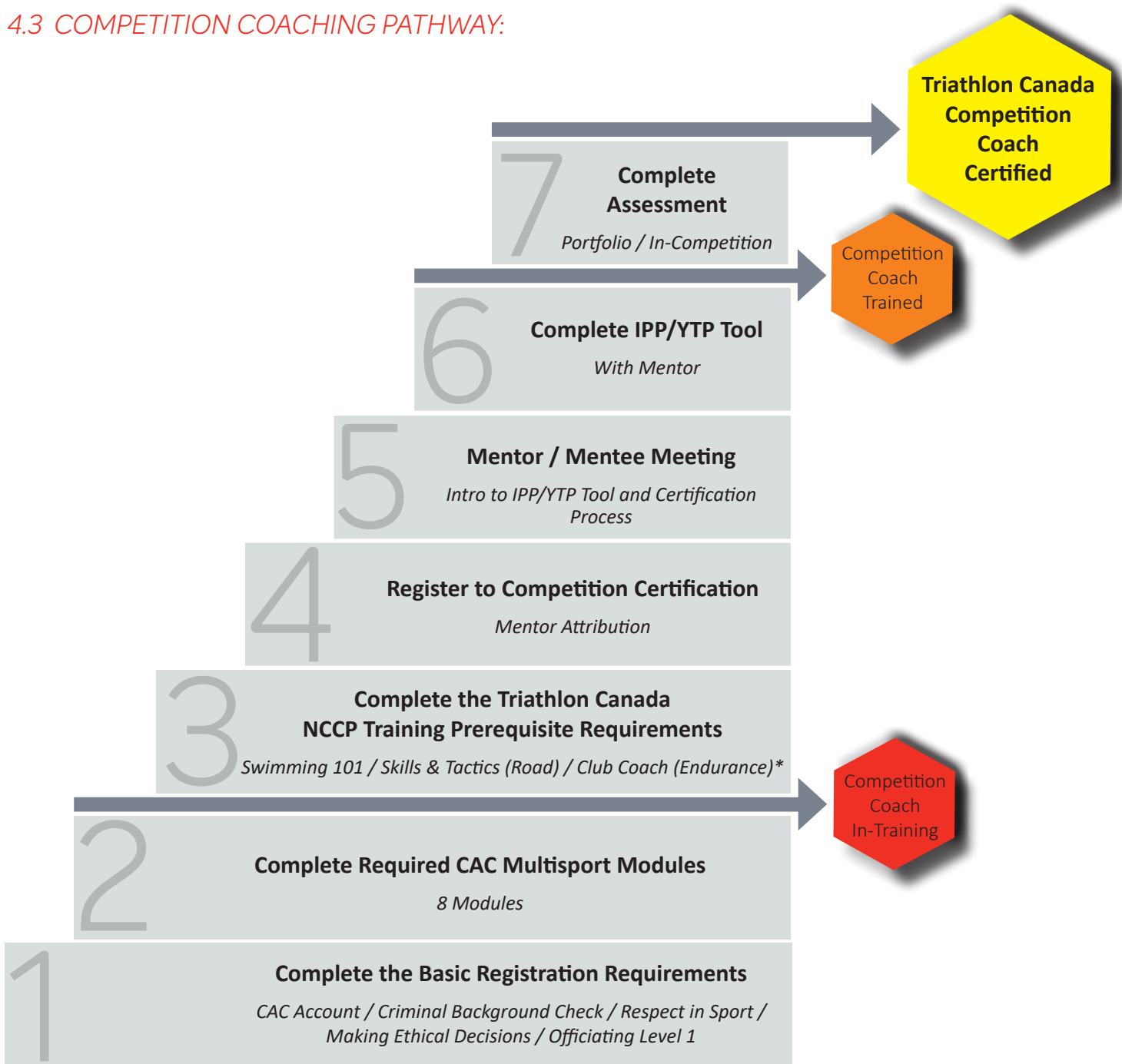
**DESIGNATION:** TRIATHLON CANADA COMMUNITY COACH TRAINED

### STEP 4: Assessment

- See Community Coach Assessment Matrix below

**DESIGNATION:** TRIATHLON CANADA COMMUNITY COACH CERTIFIED

### 4.3 COMPETITION COACHING PATHWAY:



\*These courses will be available through the following organizations:

- Swimming Canada - Swimming 101
- Cycling Canada - Skills & Tactics (Road)
- Athletics Canada - Club Coach (Endurance)

IPP - Individual Performance Plan

YTP - Yearly Training Plan

## COMPETITION COACH:

### STEP 1: Complete the Basic Registration Requirements

### STEP 2: Complete required CAC Multisport Modules

- Be Trained in Community Coaching OR complete:
  - » Planning a Practice
  - » Building a Basic Sport Program
- Conflict Management
- Leading Drug-free Sport
- Coaching and Leading Effectively
- Developing Athletic Abilities
- Prevention and Recovery
- Psychology of Performance

**DESIGNATION:** TRIATHLON CANADA COMPETITION COACH IN-TRAINING

### STEP 3: Complete the Triathlon Canada NCCP Training Prerequisite Requirements

- SWIMMING CANADA: Swimming 101
- ATHLETICS CANADA: Club Coach Course (Endurance)
- CYCLING CANADA: Skills and Tactics (Road)

*NOTE: Must be TRAINED not CERTIFIED in these courses*

### STEP 4: Register to Competition Certification (*mentor attribution*)

### STEP 5: Mentor / Mentee Meeting (*explain the IPP/YTP Tool and Certification Process*)

### STEP 6: Complete the IPP/YTP Tool

**DESIGNATION:** TRIATHLON CANADA COMPETITION COACH TRAINED

### STEP 7: Assessment

- See Competition Coach Assessment Matrix below

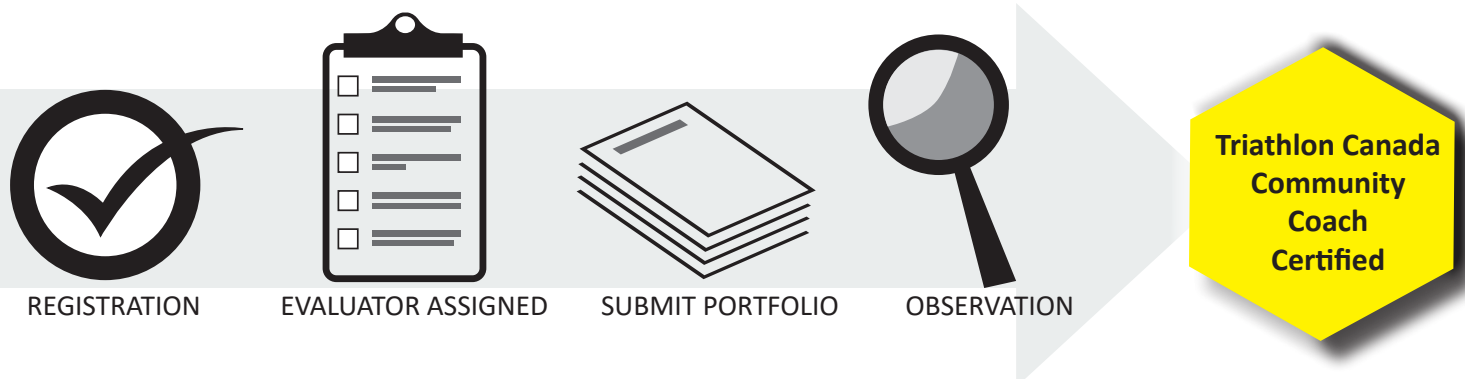
**DESIGNATION:** TRIATHLON CANADA COMPETITION COACH CERTIFIED

## COMPETITION HIGH PERFORMANCE COACH:

The Competition High Performance Pathway will be included in the next phase of development.

# 5. COACH EVALUATION

## 5.1 COMMUNITY COACH EVALUATION



### STEP 1: Coach Registration

- Criminal Background Check
- Respect in Sport
- Making Ethical Decisions Module
- Provincial Officiating Level 1

### STEP 2: Certification Registration & Evaluator Assignment

### STEP 3: Portfolio Submission

- Season Plan
- Practice plan
- Emergency Action Plan

### STEP 4: Observation in Competition



### **STEP 1: Coach Registration**

- Criminal Background Check
- Respect in Sport
- Making Ethical Decisions Module
- Provincial officiating Level 1

### **STEP 2: Certification Registration & Mentor/Evaluator Assignment**

### **STEP 3: Meeting Between the Mentee/Mentor**

- Explain the IPP Tool and Certification Process

### **STEP 4: Complete the IPP/YTP Tool**

- Receive feedback from Mentor

### **STEP 5: Submit Final IPP/YTP**

### **STEP 6: Submit Portfolio Tasks and Complete Observation Session**

#### **A. In Training Support**

Based on the IPP/YTP for a specific athlete provide:

- 1 Weekly Plan in general preparation
- 1 Practice Plan and the related Emergency Action Plan
- 1 video showing an identified technical gap of the athlete and the implementation of the intervention
- With the mentor debrief the intervention and it's impact

#### **B. In Competition Support**

Based on the IPP/YTP for a specific athlete provide:

- A Competition Plan including strategies and tactics
- A Tapering Plan
- Set up observation in competition with the mentor
- Debrief of the competition with the mentor

#### **C. Program Management**

Powerpoint presentation of a meeting with parents/athletes to present the program.

#### **D. Leading Drug Free Sport online evaluation**

#### **E. Managing Conflict online evaluation**

## 6. GRANDFATHER PROGRAM

		FORMER CERTIFICATIONS / TRAINING					
		Community Trained	Competition Intro Trained	Competition Intro Certified	Competition Dev Trained	Competition Dev Certified	International Transfers
		REGISTER WITH TRIATHLON CANADA (MANDATORY FOR ALL)					
CONDITIONALLY APPROVED OPTIONS	OPTION 1	Automatically become Community Coach In-Training	Complete Evaluation to become Community Coach Certified	Automatically become Community Coach Certified	Continue into Competition requirements with recognition of completed modules (Competition In-Training)	Competency Evaluation with gap analysis against Competition Certification Criteria	Equivalency Evaluation with gap analysis against Competition Certification Criteria
	OPTION 2		Continue into Competition requirements with recognition of completed modules (Competition In-Training)	Continue into Competition requirements with recognition of completed modules (Competition In-Training)	Pursue Community Coach Certification through evaluation (Challenge Evaluation)		Post-secondary education; reviewed on case-by-case basis

**NOTE:**

*Options for grandfathering outlined above are conditionally approved. As per CAC policies, any and all certifications can be challenged.*