Fit **For Life**

- Learn to Ride Event
 - Adult Clubs (Recreational)
 - NCCP Leadership Training

Active Start

- Run-Bike Programs (Kids on Wheels)
- Learn to Pedal Affiliates.

(Under 6 yrs old)

Train to Win

- National Team
- National Trade Teams
- Professional Teams

(+19 years old)

CYCLING BC

PROGRAM PATHWAY

Cycling activities for all ages, abilities, and aspirations.

FUNdamentals

- School & Community programs (Hop On), - Traffic Safety.

(Under 12 yrs old)

Train to Compete

Support

- Chaperones,

Organizers, Officials,

Team Managers & Staff

- Provincial Teams Targeted-Athlete Programs - Provincial Trade Teams
 - (Post-Growth Spurt, 4-8 yrs in cycling)

Train to Train

- Youth Clubs & Teams
- Advanced Skill Affiliates
- Fondo Training (Year 2+)

(During Growth Spurt, or 3-6 yrs in cycling)

Learn to Train

- Youth Clubs
- Intermediate Skill Affiliates
- Fondo Training (Year 1)
 - (Pre-Growth Spurt, or 1-2 yrs in cycling)

Adult Ride Leader

Theory Call & Orientation Journal & Quiz ~ 8 hours ~

Active Start Instructor

KoW eLearning & Orientation ~ 12 hours ~

Technical License

Role-Specific Requirements

Advanced Certified

Achieve BLUE **Advanced Coaching Diploma** ~ 300 hours ~

CYCLING BC

EDUCATION PATHWAY

Basic Registration

Provincial Membership Background Screening Role-Specific Requirements

Nutrition eLearning Training to Race Portfolio & Quiz ~ 55 hours ~

HopOn Instructor

SafeSport **Coach Initiation** HopOn eLearning & Orientation ~ 12 hours ~

Club

Achieve YELLOW

Certified

Club **Assistant**

Skills & Tactics Theory **Basic Cycling Skills Skills & Tactics Practical** ~ 35 hours ~

Performance Certified

Multi-Sport Modules Performance Theory Portfolio & Observations ~ 80 hours ~

PATHWAYS

HopOn Instructor

For brand-new coaches & those delivering the HopOn School/Community Program. - 12 hours -

Club Assistant

For youth and adult club leaders attending practices & clinics. - 35 hours -

NCCP Competition-Introduction Program

For youth & adult leaders managing clubs, teams, and private business. - 55 hours -

Club Certified

Performance Certified

For provincial & national team leaders supporting podium pathway athletes. - 80 hours -

Pre-Requisities:

- · At least 14 years old
- · Background Screening
- SafeSport eLearning
- Coach Initation in Sport eLearning
- At least 15 years old
 - · Background Screening Cycling Foundations
 - Emergency Action Plan
 - Making Ethical Decisions & Quiz
 - First Aid (Valid Certificate)

NCCP Competition-Introduction Program

- At least 16 years old
- YELLOW CERTIFICATE required
- Nutrition eLearning
- · At least 18 years old
- GREEN CERTIFICATE encouraged • Making Ethical Decisions & Quiz

NCCP Competition-Development Program

• First Aid (Valid Certificate)

Modules:

HopOn eLearning

4-hour on-demand eLearning covering HopOn's range-of-motion and game-based curriculum. Recommond 4 days to review.

HopOn Orientation

1-2 day synchronous in-person practice teaching module in a controlled setting (i.e. grass field). Modified for delivery method.

Skills & Tactics Theory

10-hour synchronous video calls, often 4 x 2 hours plus homework. Chapters include Practice Planning, Teaching & Learning.

Basic Cycling Skills 8-hour synchrononous in-person practice teaching module, held outdoors in a field. Video

challenge option available by special request.

Skills & Tactics Practical g-hour synchrononous in-person practice

teaching module offered for each of the four sports: Mtn Bike, Road, BMX, or Track.

NCCP Community Coach: TRAINED [CCT]

Recognition of Previous Learning

PMBIA Level 1 Instructors must attend 1 outdoor module, either Basic Cycling Skills or a Skills & Tactics Practical: Mtn. Bike

PMBIA Level 2+ Instructors must only complete basic requirements and Skills & Tactics Theory.

Skills & Tactics Theory

10-hour synchronous video call, often 4 x 2 hours plus homework. Chapters include Practice Planning, Teaching & Learning.

Basic Cycling Skills

8-hour synchrononous in-person practice teaching module, held outdoors in a field. Video challenge option available by special request.

Skills & Tactics Practical 8-hour synchrononous in-person practice teaching module offered for each of the four sports: Mtn Bike, Road, BMX, or Track.

Training to Race 12-hour synchronous video call, often 6 x 2 hours plus homework. Chapters include Design a Basic Sport Program, Basic Mental

NCCP Introductory Coach: TRAINED [ICT]

Skills. Prepares you to be a club head coach.

Evaluation

Then submit the portfolio to Cycling Canada, complete an online quiz, and debrief with evaluator 30-minute video call.

Multi-Sport Modules

Facilitated Online or Home Study by viaSport (65hr)

- Leading Drug-Free Sport & Quiz (1) Coaching & Leading Effectively (9)
- Managing Conflict & Quiz (8)
- Psychology of Performance (8)**Developing Athletes Abilities** (8)
- Prevention & Recovery (8)Performance Planning (12)
- Advanced Practice Planning (5)Manage a Sport Program (4)
- -- Complete the above in any order --

Performance Theory

6-hour synchronous video calls, often 3 x 2 hours plus homework. Offered once annually by Cycling Canada (Jan-Mar). Contact

Cycling BC for a letter of recommendation.

Facilitated In-Person by Cycling Canada.

NCCP Performance Coach: TRAINED [PCT]

Evaluation

vvork with Cycling BC to prepare your portfolio.

Includes portfolio, and 2x observations at practice and national event.

..... **Required Professional Development:**

NCCP Introductory Coach: CERTIFIED [ICC] NCCP Performance Coach: CERTIFIED [PCC]

Earn a minimum of 20 points (Club-Certified) and 30 points (Performance-Certified) every five years by completing courses, self-study, and active coaching. Earn approx. 1 pt. per hour of education.

PRICES

Education Modules	Note	HopOn Instructor	Club Assistant	Club Certified	Performance Certified
UCI Technical License	For accredited instructors and coaches.	\$112	\$112	\$112	\$112
Background Screening	Included in Cycling BC Accreditation System.	\$25	\$25	\$25	\$25
Safe Sport eLearning	1hr on-demand via coach.ca LOCKER	\$0			
Coach Initiation or Foundations	1hr on-demand (Locker or CC LMS)	\$15	\$15	\$15	
HopOn eLearning & Orientation	12hr program. Application required.	\$175			
Emergency Action Plan	15-minute on-demand.		\$0	\$0	
Making Ethical Decisions Module	4hr video call or homestudy by viaSport.		\$70	\$70	\$70
Making Ethical Decisions Online Quiz	1hr on-demand (\$85 challenge available)				
Skills & Tactics Theory	10hr (4 x 2hr) video call by Cycling Canada.		\$75	\$75	
Basic Cycling Skills	8hr in-person in a field or controlled space.		\$125	\$125	
Skills & Tactics Practical	8hr in-person in sport-specific space.		\$125	\$125	
First Aid Certificate	Valid certificate with CPR minimum.		~ \$100	~ \$100	~ \$100
Nutrition eLearning	1hr on-demand via coach.ca LOCKER.			\$20	
Training to Race	12hr (6 x 2hr) video call. (Theory B)			\$150	
Club Evaluation	Online Quiz, Portfolio & Debrief Call			\$150	
Performance Multi-Sport Modules	65hr (9 modules) facilitated by viaSport.				\$1070
Performance Theory	3x 1hr video call by Cycling Canada (1.5yrs)				\$250
Performance Evaluation	Portfolio, Camp & Event Observation				\$400
	Education Modules Only:	\$190	\$510	\$830	\$1890
Modules + Technical License + Background Screening:		\$327	\$647	\$967	\$2027