



# PATHWAYS

HopOn Instructor	Club Assistant	Club Certified	Performance Certified
For brand-new coaches & those delivering the HopOn School/Community Program. - 12 hours -	For youth and adult club leaders attending practices & clinics. - 35 hours -	For youth & adult leaders managing clubs, teams, and private business. - 55 hours -	For provincial & national team leaders supporting podium pathway athletes. - 80 hours -
<b>Pre-Requisites:</b>	NCCP Competition-Introduction Program	NCCP Competition-Introduction Program	NCCP Competition-Development Program
<ul style="list-style-type: none"> <li>At least 14 years old</li> <li>Background Screening</li> <li>SafeSport eLearning</li> <li>Coach Initiation in Sport eLearning</li> </ul>	<ul style="list-style-type: none"> <li>At least 15 years old</li> <li>Background Screening</li> <li>Cycling Foundations</li> <li>Emergency Action Plan</li> <li>Making Ethical Decisions &amp; Quiz</li> <li>First Aid (Valid Certificate)</li> </ul>	<ul style="list-style-type: none"> <li>At least 16 years old</li> <li><b>YELLOW CERTIFICATE</b> required</li> <li>Nutrition eLearning</li> </ul>	<ul style="list-style-type: none"> <li>At least 18 years old</li> <li><b>GREEN CERTIFICATE</b> encouraged</li> <li>Making Ethical Decisions &amp; Quiz</li> <li>First Aid (Valid Certificate)</li> </ul>
<b>Modules:</b>			
<b>1 HopOn eLearning</b> 4-hour on-demand eLearning covering HopOn's range-of-motion and game-based curriculum. Recommend 4 days to review.	<b>1 Skills &amp; Tactics Theory</b> 10-hour synchronous video calls, often 4 x 2 hours plus homework. Chapters include Practice Planning, Teaching & Learning.	<b>1 Skills &amp; Tactics Theory</b> 10-hour synchronous video call, often 4 x 2 hours plus homework. Chapters include Practice Planning, Teaching & Learning.	<b>1 Multi-Sport Modules</b> Facilitated Online or Home Study by viaSport (65hr)
<b>2 HopOn Orientation</b> 1-2 day synchronous in-person practice teaching module in a controlled setting (i.e. grass field). Modified for delivery method.	<b>2 Basic Cycling Skills</b> 8-hour synchronous in-person practice teaching module, held outdoors in a field. Video challenge option available by special request.	<b>2 Basic Cycling Skills</b> 8-hour synchronous in-person practice teaching module, held outdoors in a field. Video challenge option available by special request.	<ul style="list-style-type: none"> <li>Leading Drug-Free Sport &amp; Quiz (1)</li> <li>Coaching &amp; Leading Effectively (9)</li> <li>Managing Conflict &amp; Quiz (8)</li> <li>Psychology of Performance (8)</li> <li>Developing Athletes Abilities (8)</li> <li>Prevention &amp; Recovery (8)</li> <li>Performance Planning (12)</li> <li>Advanced Practice Planning (5)</li> <li>Manage a Sport Program (4)</li> </ul> <p>-- Complete the above in any order --</p>
	<b>3 Skills &amp; Tactics Practical</b> 8-hour synchronous in-person practice teaching module offered for each of the four sports: Mtn Bike, Road, BMX, or Track.	<b>3 Skills &amp; Tactics Practical</b> 8-hour synchronous in-person practice teaching module offered for each of the four sports: Mtn Bike, Road, BMX, or Track.	<b>2 Performance Theory</b> 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.
	NCCP Community Coach: <b>TRAINED [CCT]</b>	<b>4 Training to Race</b> 12-hour synchronous video call, often 6 x 2 hours plus homework. Chapters include Design a Basic Sport Program, Basic Mental Skills. Prepares you to be a club head coach.	NCCP Performance Coach: <b>TRAINED [PCT]</b>
<b>Recognition of Previous Learning</b>  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.		NCCP Introductory Coach: <b>TRAINED [ICT]</b>	<b>3 Evaluation</b> Facilitated In-Person by Cycling Canada. Includes portfolio, and 2x observations at practice and national event.
		<b>5 Evaluation</b> Work with Cycling BC to prepare your portfolio. Then submit the portfolio to Cycling Canada, complete an online quiz, and debrief with evaluator 30-minute video call.	NCCP Performance Coach: <b>CERTIFIED [PCC]</b>
		NCCP Introductory Coach: <b>CERTIFIED [ICC]</b>	<b>Required Professional Development:</b> Earn a minimum of 20 points ( <b>Club-Certified</b> ) and 30 points ( <b>Performance-Certified</b> ) 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
<b>Education Modules Only:</b>		<b>\$190</b>	<b>\$510</b>	<b>\$830</b>	<b>\$1890</b>
<b>Modules + Technical License + Background Screening:</b>		<b>\$327</b>	<b>\$647</b>	<b>\$967</b>	<b>\$2027</b>