

# Triathlon Canada NCCP Pathways for Coaching

Developing age group athletes and high performance champions

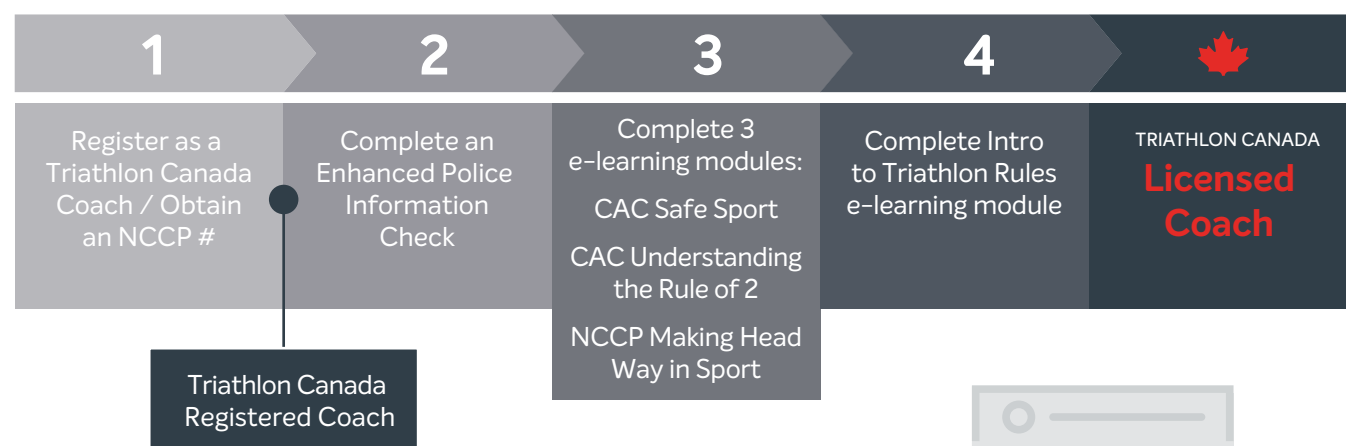
## 1 | Basic Registration & Licensing

“Safe Sport” as a movement is gaining prominence and traction in both Canada and across the world. More than ever, participants and consumers of sport are demanding that sporting environments are safe, inclusive, and conducive to a quality sporting experience. Coaches are the architects of these environments and experiences, and they hold the highest responsibility in the delivery of Safe Sport practices. Triathlon Canada’s goal of providing sport environments that are safe for all is inclusive to the needs of our coaches.

Sport Canada has developed and mandated a variety of Safe Sport–related policies for National Sport Organizations like Triathlon Canada to implement on behalf of its members and participants. For coaches, it can be difficult to stay up to date with current requirements and best practices in this area. In response to these mandates, and to support our coaches in adhering to them, Triathlon Canada has created a formal coach licensing process. The “basic registration” steps include all the required safe sport training and screenings. Once these requirements are met, a formal license is issued, and the coach is added to a public registry of Safe Sport coaches.

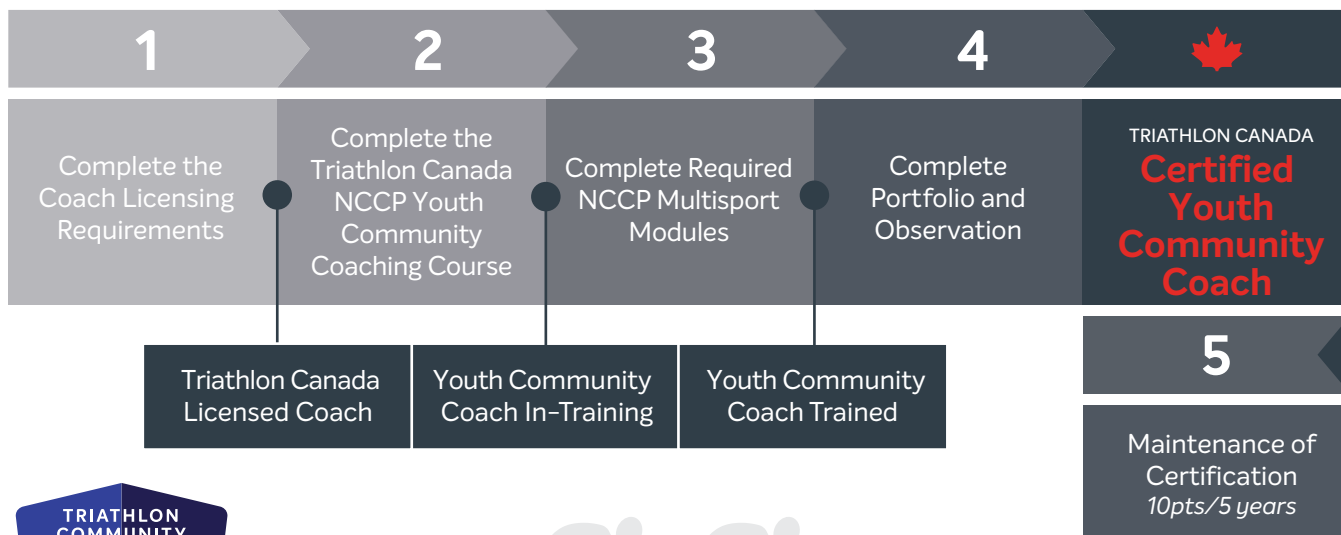
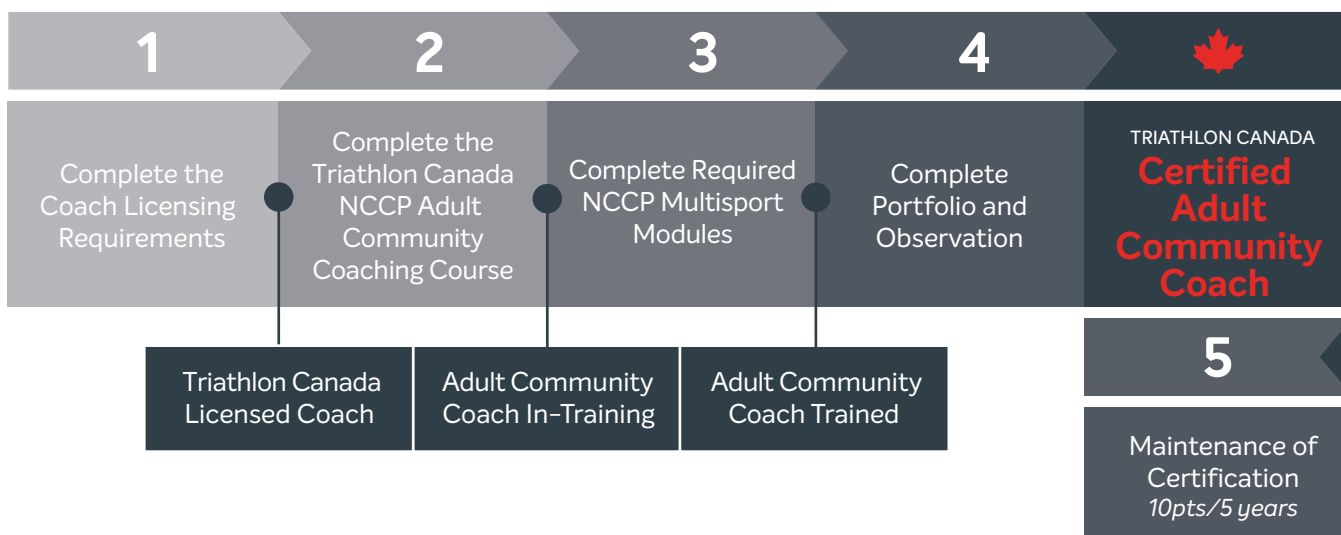
The best way to promote and model a culture of Safe Sport for all includes obtaining an annual license and ensuring your Safe Sport requirements are kept current. This shows your commitment to the Safe Sport movement, which is a fundamental aspect of protecting the integrity and reputation of all coaches in the Canadian sport system.

*A complete coaching license is the gateway for coaching triathlon regardless of whether you are coaching on the community or competition pathway.*



## 2 | Community Coaching Pathway

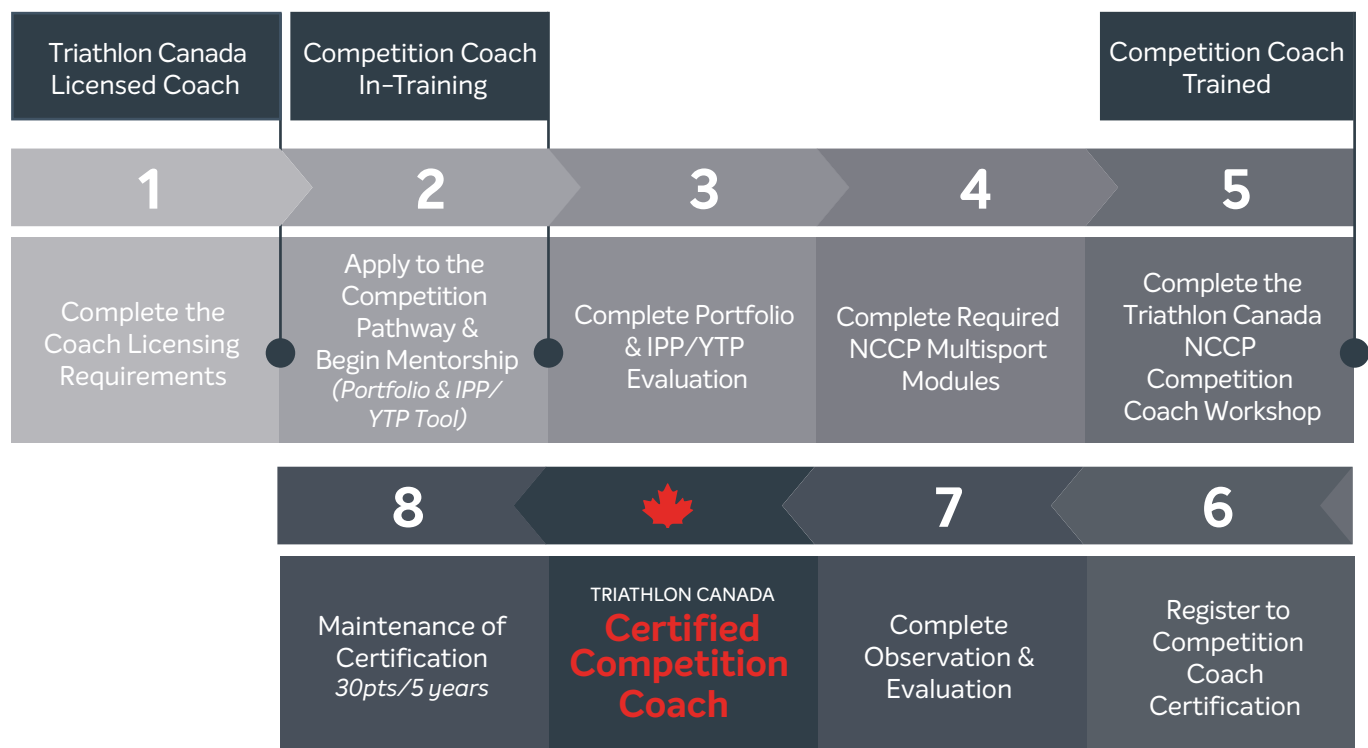
The Community Coach (youth or adult) is focused on supporting community athletes both by introducing them to the sport and with long-term engagement throughout the community sport pathway. These athletes can be all ages, novices to the sport, or experienced athletes with a passion for competition. Community coaches teach fundamental triathlon skills, provide a road map for safe participation, and introduce athletes to events and competition – skill, technique, and fun! This context is designed for coaches of athletes moving from the FUNdamentals to Learn-to-Train, Train-to-Train, and Active-for-Life stages of the long term athlete development model (LTAD).



## 3 | Competition Coaching Pathway

A Competition Coach is focused on athletes who are on or are interested in moving onto the high performance pathway. Within the National Sport system, this pathway is defined by an end-goal of competing at the Olympic or Paralympic Games. Education is focused around this definition, however, Triathlon Canada welcomes and supports coaches who strive to work with professional-level athletes across all the triathlon and multisport disciplines. This context is designed for coaches of athletes in the Train-to-Train, Train-to-Compete and Train-to-Win stages of the LTAD. The priority for Competition coaches is refining skills and techniques, physical training, sport psychology, and all aspects of the daily training environment to develop strong practices and competition skills.

Those interested in applying to the Competition pathway should be working with the athlete group identified above and must be supported in their application by their Provincial Sport Organization. Coaching is not a linear pathway, so there is no requirement to first complete training as a Community Coach.



## 4 | High Performance Coaching Pathway

The High Performance Coach is focused on working with National- or Provincial-level athletes who are on the podium pathway. This context is for coaches of athletes in the Train-to-Compete and Compete-to-Win stages of the LTAD. Their priority is consistent and repeatable mastery of technical skills and development of comprehensive support systems for athletes in their daily training environment. They also specialize in supporting athletes to high level competitions (World Triathlon Cup, World Triathlon/Para Triathlon Championship Series, World Triathlon/Para Championships) as well as major games such as the Olympic and Paralympic Games.

