

## **MTB Instructor/Coach Accreditation: Components of Remit and Skills**

The AusCycling Coach & Instructor Remit has been developed due to the various activities AusCycling coaches and instructors are involved in. Please consider each remit tier outlined in this document and understand how it associates with your accreditation level, group, equipment and environment to ensure you are delivering a safe, fun, fair and inclusive session/program.

Further questions can be directed to our Coaching Education Team at [coaching@auscycling.org.au](mailto:coaching@auscycling.org.au).

### **Minimum Requirements**

- AusCycling Coach and Instructor accreditations are only valid with an active AusCycling membership. A Non-Riding membership is the minimum level of membership required, however, if undertaking any coaching or instructing activities on the bike a Lifestyle Membership is a minimum requirement.
- Coach or Instructor must have a current AusCycling recognised accreditation for the discipline they wish to support.
- Coach or Instructor must have a current Working with Children Check (or equivalent) relevant to their state or territory.
- Coach or Instructor must have a current first aid certificate or equivalent (Provide First Aid – HLTAID003 or HLTAID011 as a minimum).
- Insurance coverage is only for coaching/instructing activities within qualification remit/scope.
- All coaches and instructors must operate on legal trails and have permission from the landowner/land manager/lessor.
- Must keep a log of coaching/instructing activities.
- Must operate within all government laws.

### **Definition of MTB Social Ride Leader (Club Activity Only)**

A social ride is a ride organised and conducted by an AusCycling club. An MTB Social Ride Leader can lead a group on a local trail network. The Social Ride Leader provides information about the ride route, trails, and possible hazards. Their role is to set an example and spread the message that all are welcome and an important part of the MTB community.

- Ride leader must be 18 years or older.
- The ride leader is to provide services on a volunteer basis only.
- Ride on a route the ride leader is familiar with.
- The ride leader does not provide any skills instruction or coaching of any form.
- Mandatory maximum leader: rider ratio of 1:10
- Mandatory minimum leader: rider ratio of 1:3 for under 18 year old participants.
- Ride on legal trails with the permission of the land manager.
- AusCycling Community Instructor Accreditation is recommended for MTB Social Ride Leaders.
- It is recommended that a Ride Leader carries a first aid kit.

## Definition of Instructor

With the inclusion of coaching and instructing pathways in AusCycling, an accredited coach and instructor can work with riders of any age and ability; however, must coach or instruct within the scope of the skills they are accredited to deliver.

An **Instructor** is someone that helps participants to develop confidence on their bike, to be more comfortable and capable to take on technical skills within their chosen discipline.

## Community Instructor - Assistant

A Community Instructor may only work in a support/assistant role with a Foundation Instructor level or higher. The minimum age of a Community Instructor is 14 years old.

## Lead Instructor

A Lead Instructor can be a Foundation Instructor level or higher, who can provide their services at an AusCycling sanctioned club activity as a volunteer. This person is responsible for supervision and instruction to support participation in a session. The minimum age of a Foundation Instructor is 16 years old and for a Development Instructor is 18 years old.

- The determined ratios outlined in this document are based on the definition of a Lead Instructor.

## Definition of Coach

A **Coach** is someone that helps participants to develop the physiological and psychological requirements and technical skills for competition at a club, state, national level or above. AusCycling recognises the competency of UCI Level 2 MTB coaches.

| Event Rating                                       | Club | State | National | Int |
|--|------|-------|----------|-----|
| Foundation Instructor MTB / Level 0 MTB Instructor | ✓    | X     | X        | X   |
| Development Coach MTB                              | ✓    | ✓     | X        | X   |
| Advanced Coach MTB                                 | ✓    | ✓     | ✓        | X   |
| Elite Coach MTB / UCI Level 2 MTB Coach            |      |       |          |     |
| ** Advanced Coach MTB                              |      |       |          |     |
| ** Advanced Instructor MTB                         | ✓    | ✓     | ✓        | ✓   |
| ** Development Instructor MTB                      |      |       |          |     |
| ** Level 1 MTB Instructor                          |      |       |          |     |

\*\* If attending races with an athlete, the following instructor level of accreditation is recommended until there are sufficient AusCycling accredited MTB coaches to support the change (estimated 3-5 years from 2022). Further information can be found on the [AusCycling website](#).

## Trail Ratings

The level of an instructor's accreditation determines the level of the trail they can conduct sessions on. AusCycling recognises the diversity of trail ratings within Australian MTB trail networks and the recommendation is to always pre-ride and be familiar with all trails included in the session.

| Trail Rating                                      | Green | Blue | Black |
|---|-------|------|-------|
| Foundation Instructor MTB / Level 0 MTB           | ✓     | X    | X     |
| Development Instructor MTB / Level 1 MTB          | ✓     | ✓    | X     |
| Advanced Instructor MTB (forecasted release 2023) | ✓     | ✓    | ✓     |

Activity sessions must operate on legal trails and must be permitted by the landowner/land manager/lessor.

## Coach and Instructor Re-Accreditation

Coach and Instructor accreditations last for four years and will show on your AusCycling digital membership card.

To [start your re-accreditation](#), head to the AusCycling Coach & Instructor Re-Accreditation page to submit your application and supporting documents

## AusCycling Coach & Instructor Membership Upgrade

AusCycling offers accredited coaches and instructors who would like to be paid for their services, the opportunity to extend their membership cover to include public liability and professional indemnity (Errors and Omissions) insurance cover.

Coaches/Instructors wishing to gain this cover are required to:

- Hold a current AusCycling membership.
- Be Coach or Instructor with a current accreditation recognised by AusCycling
- Hold a current Working with Children and First Aid.
- Hold a current ABN number
- Must have permission from the landowner/land manager/lessor.
- Submit a Coach/Instructor Membership Upgrade application form for review.
- Agree to operate within the respective coaching and instructor discipline remit.

Each application is reviewed on a case-by-case basis, the Coach and Instructor Membership Upgrade Document has further information to get you rolling. Check out the following pages of the AusCycling Website [Coach & Instructor FAQ](#) and [Coach & Instructor Resources](#).

To view relevant policy documentation please see the [AusCycling insurance portal](#) and/or contact V-Insurance Group for detailed queries.

| <b>MOUNTAIN BIKING</b>   | <b>LEVEL OF INSTRUCTING REMIT</b> |                                  |                               |
|--|-----------------------------------|----------------------------------|-------------------------------|
|  | <b>Foundation<br/>(Level 0)</b>   | <b>Development<br/>(Level 1)</b> | <b>Advanced<br/>(Level 2)</b> |
| <b>REMIT MTB</b>   |                                   |                                  |                               |
| Max Ratio 1:15 (open park or area)                             | ✓                                 | ✓                                | ✓                             |
| Max Ratio 1:8 Juniors (U18's) (MTB trail specific environment) | ✓                                 | ✓                                | ✓                             |
| Max Ratio 1:10 Adults (MTB trail specific environment)         | ✓                                 | ✓                                | ✓                             |
| Minimum 1:3 riders when working with Juniors (U18's)           | ✓                                 | ✓                                | ✓                             |
| Open area (Ovals, parks, pump tracks)                          | ✓                                 | ✓                                | ✓                             |
| Low traffic road (Bike paths)                                  | ✓                                 | ✓                                | ✓                             |
| <b>ESSENTIAL TRAFFIC SKILLS</b>                                |                                   |                                  |                               |
| Hand signals   | ✓                                 | ✓                                | ✓                             |
| Entering a roadway   | ✓                                 | ✓                                | ✓                             |
| Dangers of blind spots/vehicle cues/doors                      | ✓                                 | ✓                                | ✓                             |
| Positioning/intersections/turning lanes and roundabouts        | ✓                                 | ✓                                | ✓                             |
| Riding as a group in traffic (per remit ratios)                | ✓                                 | ✓                                | ✓                             |
| <b>ESSENTIAL INSTRUCTING SKILLS</b>                            |                                   |                                  |                               |
| Basic mount/dismount   | ✓                                 | ✓                                | ✓                             |
| Pedal technique  | ✓                                 | ✓                                | ✓                             |
| Braking and stopping   | ✓                                 | ✓                                | ✓                             |
| Ride in a straight line  | ✓                                 | ✓                                | ✓                             |
| Vision – Scanning the trail                                    | ✓                                 | ✓                                | ✓                             |
| One-handed riding  | ✓                                 | ✓                                | ✓                             |
| Cornering  | ✓                                 | ✓                                | ✓                             |
| Using gears  | ✓                                 | ✓                                | ✓                             |
| Passing  | ✓                                 | ✓                                | ✓                             |
| Climbing (Beginner)  | ✓                                 | ✓                                | ✓                             |
| Descending (Beginner)  | ✓                                 | ✓                                | ✓                             |
| Ready position   | ✓                                 | ✓                                | ✓                             |
| Track stand  | ✓                                 | ✓                                | ✓                             |
| Front wheel lift   | ✓                                 | ✓                                | ✓                             |
|  |                                   |                                  |                               |

| MOUNTAIN BIKING  | LEVEL OF INSTRUCTING REMIT |                          |                       |
|--|----------------------------|--------------------------|-----------------------|
|  | Foundation<br>(Level 0)    | Development<br>(Level 1) | Advanced<br>(Level 2) |
| <b>SKILLS AND TACTICS MTB</b>                              |                            |                          |                       |
| Climbing/descending (Green Trails) *                       | ✓                          | ✓                        | ✓                     |
| Cornering (Green Trails) *                                 | ✓                          | ✓                        | ✓                     |
| Water bottle usage   | ✓                          | ✓                        | ✓                     |
| Steep climbing/descending (Blue Trails) *                  |                            | ✓                        | ✓                     |
| Berm, flat cornering and switch backs (Blue Trails)*       |                            | ✓                        | ✓                     |
| Step ups and drop offs                                     |                            | ✓                        | ✓                     |
| Cyclocross style remount and dismount                      |                            | ✓                        | ✓                     |
| Pumping the trail  |                            | ✓                        | ✓                     |
| Rear wheel lifts   |                            | ✓                        | ✓                     |
| Wheels off the ground (Jumping skills and techniques)      |                            |                          | ✓                     |
| Complex skills (Rock garden, drops, linking features etc.) |                            |                          | ✓                     |
| Climbing/descending (Black Trails) *                       |                            |                          | ✓                     |
| Fast cornering (Black Trails) *                            |                            |                          | ✓                     |
| Feed zone skills (World Cup)                               |                            |                          | ✓                     |
| Manage state level camps and programs                      |                            | ✓                        | ✓                     |
| Manage national level camps and programs                   |                            | ✓                        | ✓                     |

\* AusCycling recognises the diversity of trail ratings within Australian MTB trail networks and as such the recommendation is to always pre-ride and be familiar with all trails included in the session.

It is a fundamental requirement of any coach or instructor to accurately assess the current skill level of their participant(s), and to provide appropriate instruction, on trails that provide an appropriate technical challenge for the identified skill level of the participant(s).