



## CYCLING/MOUNTAIN BIKING

The Ontario Physical Activity Safety Standards in Education for Cycling/Mountain Biking – Secondary Interschool

Cycling <https://safety.ophea.net/secondary/interschool/cycling> and Mountain Biking

<https://safety.ophea.net/secondary/interschool/mountain-biking>

### Qualifications:

Head coach must demonstrate knowledge of sport, skills and strategies to principal or designate.

All coaches must be familiar with and implement, where applicable, the criteria outlined in [Coaches Expectations](#).

**At least one cycling/mountain biking coach** must possess **one of the following** coaching qualifications:

- NCCP Community Sport Coach – Let's Ride! Community Cycling Initiation Course
- NCCP Community Sport Coach – Let's Ride! Basic Cycling Skills
- NCCP Competition Coach – Ready to Race! Training Basics Course
- NCCP Competition Coach – Ready to Race! Skills and Tactics Course
- NCCP Competition Coach – Ready to Race! Training to Race Course
- Completion of cycling NCCP level 1 and/or level 2 certification in the past
- Accreditation as a NCCP Cycling Learning Facilitator
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Activity Safety Standards in Education.
- Past experience within the last 3 years as a coach in cycling, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Activity Safety Standards in Education.

### How to access the NCCP Courses for Cycling/Mountain Biking:

<b>NCCP Community Sport Coach – Let's Ride! Community Cycling Initiation (CCI) Course</b> Register here: <a href="http://www.ontariocycling.org/oca-coaching/upcoming-courses/">http://www.ontariocycling.org/oca-coaching/upcoming-courses/</a> Cost: ~\$100-175 Contact: Michael Suraci <a href="mailto:michael.suraci@ontariocycling.org">michael.suraci@ontariocycling.org</a>	Let's Ride! CCI is the NCCP context for coaches who will primarily work with novice, pre-competitive cyclists at the community level, including participants in the Active Start, FUNDamentals and early Learn to Train stages of athlete development. The program is simple, based on a number of pre-designed lesson plans, and adaptable to the varying skill and ability levels of participants. The focus of the program is on having participants develop skills which are basic to MTB, BMX, and Road, in a controlled, off-road, off-trail setting such as a sport field or parking lot.
<b>NCCP Community Sport Coach – Let's Ride! Basic Cycling Skills</b> Register here: <a href="http://www.ontariocycling.org/oca-coaching/upcoming-courses/">http://www.ontariocycling.org/oca-coaching/upcoming-courses/</a> Cost: ~\$100-175 Contact: Michael Suraci <a href="mailto:michael.suraci@ontariocycling.org">michael.suraci@ontariocycling.org</a>	CCI training has two parts – the "Let's Ride!" CCI workshop (5 hrs – above), and a Basic Cycling Skills workshop (8 hrs). The second workshop provides an opportunity for "on-bike" practice in skill teaching and analysis, practice coaching and use of provided lesson plans. On completion, coaches have "Trained" status in NCCP.
<b>NCCP Competition Coach – Ready to Race! (R2R) Training Basics, Skills &amp; Tactics or Training to Race Course</b> Register here: <a href="http://www.ontariocycling.org/oca-coaching/upcoming-courses/">http://www.ontariocycling.org/oca-coaching/upcoming-courses/</a> Cost: ~\$100-175 Contact: Michael Suraci <a href="mailto:michael.suraci@ontariocycling.org">michael.suraci@ontariocycling.org</a>	R2R is the context for coaches who will primarily work with new competitive cyclists at the community and club level. These athletes will likely be in the Learn to Train to Train to Train stages of LTAD, although the context could apply to any new racer of any age. These athletes have basic but developed cycling skills and the desire to begin competing within a structured training and competition program. They should have passed through an entry-level Community Initiation program (CCI) to help them develop the basic skills. 3 modules – each 14 hours.

### FUNDING OPPORTUNITIES

- Grants are available to pay a portion of NCCP courses through the Coach Bursary program.  
<https://www.coachesontario.ca/programs-resources/funding-for-coaches/> or email [cep@coachesontario.ca](mailto:cep@coachesontario.ca)

### Useful Links:

Need more information? Email [guidelines@coachesontario.ca](mailto:guidelines@coachesontario.ca) to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Ontario Cycling <http://www.ontariocycling.org/oca-coaching/coaching-overview/>
- Cycling Canada <http://www.cyclingcanada.ca/>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- OFSAA <http://www.ofsaa.on.ca/>
- Coaching Association of Canada <http://coach.ca/>
- Ontario Physical Activity Safety Standards in Education <http://safety.ophea.net>

