

Deliverer Qualifications

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British Cycling Guidelines for Coaching Cycling

Table 1.1: Current British Cycling coaching qualifications

| Coaching Qualification | Role | Resources/ Publications* | Group Size | Maximum Group Size (with Two or More Coaches) | Guidelines Section |
|---|---|--|-----------------|---|----------------------------|
| Level 1 Award in Coaching Cycling | Deliver simple coaching activities to groups of beginner and novice level riders. | <i>British Cycling Level 1 Coaching Handbook</i> <i>British Cycling Gears 1 and 2 Coaching Workbook</i> | 3-15 riders | 15 riders | Section 7 |
| Level 2 Certificate in Coaching Cycling | Improve riding technique of beginner, novice and intermediate-level riders. | <i>British Cycling Level 2 Coaching Handbook: Coaching Principles and Practice</i> <i>British Cycling Gears 1 and 2 Coaching Workbook (2012)</i> <i>British Cycling Gears 3 and 4 Coaching Workbook (2012)</i> | 3-20 riders | 20 riders | Section 8 |
| Level 2 BMX Coaching Award | Develop and improve technical and tactical performance of BMX riders. | <i>British Cycling Level 2 Coaching Handbook: BMX (online)</i> <i>British Cycling BMX Gears 5 and 6 Coaching Workbook</i> | 1**-16 riders | 16 riders | Section 10 |
| Level 2 Cycle Speedway Coaching Award | Develop and improve technical and tactical performance of cycle speedway riders. | <i>British Cycling Level 2 Coaching Handbook: Cycle Speedway (online)</i> <i>British Cycling Cycle Speedway Gears 5 and 6 Coaching Workbook</i> | 1**-20 riders | 20 riders | Section 11 |
| Level 2 Cyclo-cross Coaching Award | Develop and improve technical and tactical performance of cyclo-cross riders. | <i>British Cycling Level 2 Coaching Handbook: Cyclo-cross (online)</i> <i>British Cycling Cyclo-cross Gears 5 and 6 Coaching Workbook</i> | 1**-20 riders | 30 riders | Section 12 |
| Level 2 Mountain Bike Coaching Award | Develop and improve technical and tactical performance of mountain bike riders. | <i>British Cycling Level 2 Coaching Handbook: Mountain Bike (online)</i> <i>British Cycling Mountain Bike Gears 5 and 6 Coaching Workbook</i> | 1**-8*** riders | 16 riders | Section 13 |

* Where a date is shown, this denotes the most recent version of the resource.

** If coaching riders who are under the age of 18 years, or vulnerable adults, additional supervision by a responsible adult (parent, guardian or other appointed person) is required.

*** Maximum group size may be increased to 1:16 if coaching techniques in a non-technical area.

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Table 1.1: Current British Cycling coaching qualifications

| Coaching Qualification | Role | Resources/ Publications* | Group Size | Maximum Group Size (with Two or More Coaches) | Guidelines Section |
|---|--|---|---|--|--|
| Level 2 Road Coaching Award | Develop and improve technical and tactical performance of road race, sportive and time trial riders. | <i>British Cycling Level 2 Coaching Handbook: Road (online)</i> <i>British Cycling Road Gears 5 and 6 Coaching Workbook</i> | 1**-20 riders | 30 riders | Section 14 |
| Level 2 Track Coaching Award | Develop and improve technical and tactical performance of track riders. | <i>British Cycling Level 2 Coaching Handbook: Track (online)</i> <i>British Cycling Track Gears 5 and 6 Coaching Workbook</i> | 1**-16 novice riders 1**-20 experienced riders | 30 riders (50 riders outdoor 400m/500m tracks) | Section 15 |
| Level 3 Certificate in Coaching Mountain Bike | Plan and implement coaching programmes for mountain bike riders. | <i>British Cycling Level 3 Coaching Handbook: Coaching for Performance (online)</i> <i>British Cycling Level 3 Coaching Handbook: Mountain Bike (online)</i> | 1**-8*** riders | 16 riders | Section 9 and Section 13 |
| Level 3 Certificate in Coaching Road and Time Trial | Plan and implement coaching programmes for road race, time trial and sportive riders. | <i>British Cycling Level 3 Coaching Handbook: Coaching for Performance (online)</i> <i>British Cycling Level 3 Coaching Handbook: Road and Time Trial (online)</i> | 1**-20 riders | 30 riders | Section 9 and Section 14 |
| Level 3 Certificate in Coaching Track Cycling | Plan and implement coaching programmes for track riders. | <i>British Cycling Level 3 Coaching Handbook: Coaching for Performance (online)</i> <i>British Cycling Level 3 Coaching Handbook: Track (online)</i> | 1**-20 riders | 30 riders (50 riders outdoor 400m/500m tracks) | Section 9 and Section 15 |

* Where a date is shown, this denotes the most recent version of the resource.

** If coaching riders who are under the age of 18 years, or vulnerable adults, additional supervision by a responsible adult (parent, guardian or other appointed person) is required.

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Your remit and the leading environment

Rides can only take place where bike riding is permitted. If intending to lead groups across [private land](#), Leaders should gain the land owner's permission, in writing, before commencing the ride. An example could be Forestry Commission estate.

*There will be consultation with all qualification holders before this recommendation becomes a requirement. All those who wish to lead regularly over steep and long climbs are strongly encouraged to undertake Level 2 training.

Level 1 Ride Leaders can operate in terrain that:

- Consists of public highways and rights of way accessible by bicycle
- Has a tarmac or other firm surface
- Is ride-able at two abreast
- Does not require proficiency in any discipline specific cycling techniques to safely ride on it
- Does not require discipline specific equipment to safely and comfortably ride on it
- Is within 10 minutes' walk from a road vehicle access point (should emergency services be required)

Recommended:

- Not to include climbs and descents with a maximum gradient of more than 14% (1:8)*
- Not to include climb or descent that is longer than 2 miles in total length*

Level 1 Ride Leaders can:

- Lead rides up to a maximum distance of 50 miles

Level 2 Ride Leaders can operate in terrain that is the same as a Level 1 Leader with the following additions:

- May require some proficiency in road cycling techniques to safely ride on it
- May require a specific road bicycle to safely and comfortably ride on it
- May include climbs and descents with a maximum gradient of more than 14% (1:8)
- May include climbs and descents that are longer than 2 miles in total length

Level 2 Ride Leaders can:

- Lead rides longer than 50 miles

Level 2 Ride Leaders can also:

- Use and teach advanced hand signals to help manage risk as a group

Before you join the riders

Pre-ride

On the ride

Finishing the ride

Post-ride

Level 1 Mountain Bike Leaders can:

- Lead on pre-determined routes they have been trained on and on terrain that:
 - Can be ridden seated and only requires basic weight-shift application
 - Has one line choice, so no decision making is required from riders (if there are two choices then the leaders needs to tell/ show them the one line to take)
 - Is no more than 30 minutes walk from ambulance access/ base

Note: Sections of road can be included if appropriate and part of the training

Level 2 Mountain Bike Leaders can operate in terrain that:

- is rideable at walking speed
- is rollable on descents so that wheels are not required to leave the ground*
- has an obvious line choice
- is 90% rideable by the entire group
- is no more than 30 mins walk from where a road going ambulance can get to.

*As a guide, rollable terrain means that any drops or drop-offs should be no higher than hub height in relation to the smallest bike in the group.

Level 3 Mountain Bike Leaders can operate, in addition to the terrain appropriate for a Level 2 Leader, in terrain that:

- may require more than walking speed to be negotiated successfully and safely
- may require the wheels to leave the ground
- may not have an obvious line choice
- is 90% rideable by the entire group
- may be more than 30 mins walk from where a road going ambulance can get to.

Both Level 2 and Level 3 Leaders can operate within:

- daylight hours
- summer and intermediate conditions as defined by [AALA](#).

Before you join the riders

Pre-ride

On the ride

Finishing the ride

Post-ride