

- ROLE:** Head Coach
- RESPONSIBLE TO:** Chairman, Committee & Club members
- PURPOSE:** Implement and support a safe and effective training programme that assists the Club's coaches and triathletes. Help to develop and deliver the vision for your club and coaching team.
- COMMITMENT:** Work with all coaches on the preparation of coaching sessions (attendance required at some but not ALL sessions), coach sessions as appropriate, attend all club meetings when required.

Main Duties and Responsibilities

- To take full responsibility for the club's coaching sessions.
- To prepare all coaching sessions in advance together with other coaches.
- To work with and be included in the preparation and running of each session.
- To attend club meetings and report on progress when required.
- To offer the club feedback on the organisation and degree of success of coaching and performance of clubs triathletes at events.
- To uphold and abide by the BTF Coaches Code of Ethics and Conduct.

Attributes of a Head Coach

- **Planner** - Plan or assist in planning all coached sessions.
- **Organiser** - of sessions, equipment, triathletes, and coaches.
- **Mentor** - to your triathletes and possibly to other coaches you work with.
- **Teacher / Educator / Instructor** - coaching can be considered as helping athletes learn and understand what they need to improve or increase their enjoyment, teaching and educating can form a large element of this. Achieving a balance between telling people what to do and providing an environment for them to learn themselves is a key coaching skill.
- **Manager** - participants and others will look to the head coach to define what needs to happen and when. The coach will usually need to take the lead and manage a range of activities to support coaching e.g. preparation of plans, booking facilities, possibly even selecting target races for a club or groups of individuals.
- **Role model** - coaching is an important role, and many people look to coaches to set an example, therefore coaches need to act and behave as expected from someone in a position of responsibility.
- **Motivator** - not only to your triathletes but to more junior coaches in your club.
- **Friend** - over time, you will build personal relationships with your triathletes.

NAME (please print)	Bob Pringle		
British Triathlon Membership number			
SIGNED		DATE	