


- 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 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)	Robert Atkinson		
British Triathlon Membership number	E1071388		
SIGNED		DATE	5 Apr 18