

**Naas Triathlon Club – Coach Roles and responsibilities**

**Conduct**

At all times club coaches should be advocates for the highest levels of:

* Respect for Triathletes and Others.
* Integrity in Relationships.
* Personal Standards.
* Professional Responsibilities and Competency.
* Fair Play.
* Clean Sport (Anti-Doping)

**General**

• All Coaches are to work under the guidance and organisation of the Naas Triathlon Club training officer

• All Coaches must hold adequate qualifications and experience to coach in their discipline

• All Coaches must hold necessary Safeguarding qualifications (if working with Minors and/or Vulnerable Adults)

• All Coaches must be trained in first aid

• Take full responsibility for any coaching session where they are the nominated Lead Coach

• Prepare sessions in advance, with a session plan (where applicable) for support coaches/assistants

• Monitor safety at all times during a session in accordance with Triathlon Ireland rules and regulations

• Ensure the safety of Minors and Vulnerable Adults in accordance with Triathlon Ireland rules and regulations

 • Be aware of and compliant with Naas Triathlon Club Risk Assessments and Emergency Action Plans (EAPs) for all sessions

• Carry out dynamic risk assessments at venues as required Ensure any training venue or area used is left as it was found and check the area before departure.

• Report any damages/issues with the venue to the venue manager, where applicable

• Manage any incidents during and after any session, including supporting the completion of relevant documentation

 • Liaise with the Naas Triathlon Club training officer regarding sessions and areas for improvement

**Swim Coach**

 • Determine ability and skill level before setting up training programs

 • Develop and implement training programs that focus on improving technique, stroke placement, speed, and style

 • Analyse strokes, techniques, and monitor progress. Teach new swimming styles or strokes

 • Teach and perfect swimming skills

 • Educate swimmers on water safety and best practice

• Use a range of activities to improve water confidence

 • Ensure the pool or training area is clean, well-maintained, and free of hazards

**Run turbo sessions**

• Teach about bike and turbo set up and maintenance, including bike safety

• Develop and implement training programs that focus on improving technique, speed and power

 • Teach and perfect bike skills

• Educate cyclists on road safety and best practice

• Use a range of activities to improve cycling confidence

**Run Coach**

 • Determine ability and skill level before setting up training programs

• Conduct running sessions

• Develop and implement training programs that focus on improving technique, speed and power

• Educate runners on road safety and best practice

• Use a range of activities to improve run confidence