

LEVEL	OBJECTIVE	COURSE DURATION	PREREQUISITES	PARTICIPANT REQUIREMENTS	EVALUATION	TARGET GROUP
Community Leaders Course (non- accredited)	Basic introduction to triathlon for community leaders and school teachers	<ul style="list-style-type: none"> Non accredited coaching Course – 6 to 8 hours 	None.	<ul style="list-style-type: none"> Demonstrate a willingness to learn. Act in an appropriate manner that is consistent with the spirit of sport and ITU philosophies. 	<ul style="list-style-type: none"> 100% course attendance. 	Community leaders and school teachers
Level 1 Club Coach	Prepare club coaches to present or assist with grassroots and “Tri for Fun programmes.” The focus of the course is on skill and technique development for youth and beginners.	<ul style="list-style-type: none"> Coaching Course – 28-30 hours Coaching Practice – 30 hours (includes 6 hours of supervised coaching) Optional extra 6 hour course for IPTC (International Para triathlon Coaches Certificate) 	None.	<ul style="list-style-type: none"> Demonstrate a willingness to learn. Act in an appropriate manner that is consistent with the spirit of sport and ITU philosophies. 	<ul style="list-style-type: none"> 100% course attendance. Be in good standing with your National Federation. Pass the written exam. Complete coaching practice requirements. 	Volunteers, teachers, parents, or prospective coaches with little prior experience in triathlon coaching or working with youth and beginners.
Level 2 Competitive Coach	Applied course that integrates sport sciences with triathlon specific preparation, planning and evaluation of the Junior and U23 athlete.	<ul style="list-style-type: none"> Coaching Course – 35-40 hours Coaching Practice – 50 hours (includes 6 hours of supervised coaching). 	Proof of experience and educational competency through documentation (i.e. sport related university/college degrees and/or coaching certifications in swimming, cycling or running).	<ul style="list-style-type: none"> Demonstrate good teaching and coaching skills. Contribute ideas about teaching personal / social responsibility to athletes. 	<ul style="list-style-type: none"> 100% course attendance. Be in good standing with your National Federation. Pass the written exam. Complete the project requirements. Complete coaching practice requirements. 	Coaches involved with the education and coaching of National Federation athletes with an emphasis on coaches from National Federations that do not have existing NF coach education programmes.

LEVEL	OBJECTIVE	COURSE DURATION	PREREQUISITES	PARTICIPANT REQUIREMENTS	EVALUATION	TARGET GROUP
Level 3 High Performance Coach	Applied course that integrates sport sciences with triathlon specific preparation, planning and evaluation of the high performance triathlete.	<ul style="list-style-type: none"> Coaching Course – 50 hours Coaching Practice – 80 hours (includes 6 hours of supervised coaching) 	Must be an ITU level 2 certified coach or have completed an ITU Accredited Level 2 course and must be currently coaching athletes racing in World Cup or World Championship Series events.	<ul style="list-style-type: none"> Demonstrate superior athlete specific coaching skills, testing, evaluation and implementation strategies long and short term. 	<ul style="list-style-type: none"> Be in good standing with National Federation. Actively coaching high performance triathletes. Complete athlete and programme assessment and evaluation forms over an extended period. Complete coaching practice requirements. 	National Federation coaches that are currently coaching high performance triathletes that race in Continental cups with a focus on World Cups and Olympic qualification.
Facilitator Course (level 1 or 2) ‘Train the Trainer’ Programme’	A certification programme for course facilitators qualifying successful candidates to present ITU level 1 or Level 2 Coach Education Courses depending on	<ul style="list-style-type: none"> Coaching Course – 28-30 hours Teaching Practice – 30 hours (includes 6 hours of supervised teaching) 	Must be in possession of an ITU Level 2 certification or have completed an ITU level 2 accredited course.	<ul style="list-style-type: none"> Demonstrate superior athlete specific coaching skills, testing, evaluation and implementation strategies long and short term. Display excellent teaching and communication skills. 	<ul style="list-style-type: none"> 100% course attendance. Pass the written exam. Successfully organise and present an ITU level 1 course in home National Federation. Complete teaching requirements. 	Coaches nominated by their National Federation and who are actively involved in coach education programmes in their National Federation.