



**COACH EDUCATION PROGRAMME  
CURRICULUM DOCUMENT**

# **World Triathlon Community Level Coaching**

**Version 1.0a – October 2024**

*A summary of the qualification for Continental Confederations, National Federations,  
Coaches and Facilitators*

## Coaching Development Pathway

The Community Level Coaching Course is available for all enthusiasts who are considering becoming triathlon coaches. Some participants may have also experienced an Activator course as their introduction to Triathlon.

Completing the Community Level Coaching Course is the **prerequisite to take the Coaches' Level 1 Course**.

See the online [World Triathlon Coach Education Program documentation](#) for further information on the remit and other aspects of the Coaching Development Pathway.

If you have a question on anything in this curriculum document, please contact Zita Csovelyak, Head of National Federation Services and Development, at [zita@triathlon.org](mailto:zita@triathlon.org).

## Introduction

This course introduces the fundamentals of triathlon from a coaching perspective. The Community Level Coaching Course is available on a self-enrolment and fully self-study basis as a continuously accessible e-learning resource. The course is not facilitated; there are no milestones or deadlines; participants can progress at their own pace.

The general format of World Triathlon coach education courses involves introducing 'bite-size' topics of facilitated information, in this course, followed by checking of knowledge activities.

## Role description

A World Triathlon Community Level coach has a generic understanding of the sport and can assist experienced individuals in the delivery of various triathlon activities.

## ICCE Equivalence

n/a

## Location

The course is open to all audiences and is continuously available on the [World Triathlon Education & Knowledge HUB](#).

## Attendees

There are no entry requirements or restrictions; anyone can register and self-enrol to take part in the course.

## Target Audience

The course is aimed at all individuals considering becoming triathlon coaches and is continuously open to all audiences with self-enrolment. Before starting a Level 1 course, this must be completed as a prerequisite.

## Entry Requirements

n/a

## Selection process

n/a

## **Delivery Style**

The course is delivered online in a non-facilitated format to promote self-study and flexible progression. Participants must progress independently, demonstrating the ability to do effective self-study using an e-learning system. Similar to the general format of World Triathlon coach education courses, it involves introducing 'bite-size' topics of information, followed by an activity that helps better understanding and application. Assessment is automatic based on reading and viewing the full course content and achieving the passing grade for all the quizzes and tests.

## **Course Schedule**

Participants can work their way through the learning modules one by one, at their own pace. There are no completion deadlines for self-enrolled individuals. The full learning material can be processed in about eight hours. Participants will get access to a certificate upon successful completion.

## **Key Outcomes**

Individuals completing the course can assist in delivering triathlon training sessions as assistant coaches under the guidance and supervision of an experienced (Level 1 or Level 2) coach. They will be familiar with the following:

- fundamentals of triathlon, including history, governing body and basic rules,
- generic organisation of swim, bike and run sessions,
- coaching specific equity, diversity and inclusion basics,
- and safeguarding basics.